

**NO. 1 IN INNOVATIVE CLASSES**

**STUDIO HOURS:**  
Mon - Wed 5:30am - 8:30pm  
Thur 5:30am - 8:00pm  
Fri 5:30am - 7:00pm  
Sat 6:00am - 12:00pm  
Sun 8:00am - 12:00pm

**CHILD MINDING HOURS:**  
Mon, Tues, & Thurs  
8:30am - 11:30am  
Wed & Fri 8:00am - 11:30am  
Sat 7:00am - 11:00am  
\$2.00 per child

**ALKALINITY & HYDRATION WORKSHOP**  
28th August: 6:00-8:30pm. Learn what to eat & drink for enhanced vitality and wellbeing. Informative and transformative

**FLAT BELLY FORMULA**  
29th August: Open to all non and new members of Pure to learn technique to create a toned, flat belly

**PURE FORM PILATES INSTRUCTOR COURSES**  
Matwork Level 1 - August | Reformer Level 1 - September. Email: caitlin@purehealthclubs.com.au for more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC <b>B</b> S5 Poornima	5:30am GRC Core <b>B</b> S5 Sally	5:30am GRC Open <b>B</b> S5 Jackie	5:30am GRC Booty Blitz <b>B</b> S5 Matt F	5:30am Morphosis S1 Zoe	6:15am GRC Plus <b>B</b> S5 Julius/Jayde	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Rebecca J	5:30am Pure Ride <b>B</b> S2 Caitlin	5:30am Pure Suspension <b>B</b> S1 Lucy	5:30am Open GRC <b>B</b> S5 Julius	6:45am Pure HIIT S1 Caitlin	
6:05am Booty Blitz <b>B</b> S1 Zoe	6:05am GRC HIIT <b>B</b> S5 Sally	6:05am Pure Bounce <b>B</b> S1 Caitlin	6:05am Open GRC <b>B</b> S5 Matt F	6:20am Function Fit <b>B</b> S1 Caitlin	7:05am GRC Core <b>B</b> S5 Julius/Jayde	
	6:20am Pure Sculpt S1 Rebecca J	6:15am Principle Pilates S4 Jackie	6:20am Pure HIIT S1 Lucy		7:20am Pure Box S1 Caitlin	
					7:40am Open GRC <b>B</b> S5 Julius/Jayde	8:15am Pure Ride <b>B</b> S2 Zoe
8:45am Barre <b>B</b> S3 Lucy		8:00am Booty Blitz <b>B</b> S1 Caitlin		8:00am Open GRC <b>B</b> S5 Zoe	7:40am Pure Barre <b>B</b> S3 Lydia	8:20am Hatha Yoga S4 Tanya
8:45am Open GRC <b>B</b> S5 Rach	8:45am Open GRC <b>B</b> S5 Tanya	8:30am GRC Plus <b>B</b> S5 Lydia	8:40am Open GRC <b>B</b> S5 Kelly-Grace	8:15am Pure HIIT S1 Lucy	8:10am Pure Sculpt S1 Caitlin	8:20am Open GRC <b>B</b> S5 Sally
9:00am NIA/Dance/Flow S1 Sophie	8:45am Pure Morphosis S1 Caitlin	8:55am Pure HIIT S1 Caitlin	8:40am Pure Bounce <b>B</b> S1 Lucy	8:50am Suspension <b>B</b> S1 Matt F	8:30am Open GRC <b>B</b> S5 Julius/Jayde	8:50am Pure Sculpt S1 Zoe
9:35am Pure Ride <b>B</b> S2 Lucy	9:35am Open GRC <b>B</b> S5 Tanya	9:20am Open GRC <b>B</b> S5 Lydia	9:15am Hatha Yoga S4 Rachel	8:50am Open GRC <b>B</b> S5 Zoe	8:30am Principle Pilates S4 Lydia	9:00am Pregnancy Pilates S3 Kylie
9:35am Open GRC <b>B</b> S5 Rach	9:35am Pure Sculpt S1 Caitlin	9:30am Pure Flow S1 Caitlin	9:30am Open GRC <b>B</b> S5 Kelly-Grace	9:40am Open GRC <b>B</b> S5 Matt F	9:00am Pure Bounce <b>B</b> S1 Caitlin	9:10am Open GRC <b>B</b> S5 Sally
10:00am Hatha Yoga S4 Tanya	10:30am Om Beats S4 Tanya	10:20am Principle Pilates S1 Caitlin	9:30am Pure Box S1 Matt F	9:40am Pure Sculpt S1 Zoe	9:20am Pure Ride <b>B</b> S2 Julius/Jayde	9:30am Yin Yoga S4 Tanya
			10:25am Deep Relaxation S4 Rachel	10:30am Yin Plus S4 Tanya	9:20am Dynamic Yoga S4 Carla	9:40am Pure HIIT S1 Zoe
	12:15pm Functional Fit C&W Caitlin				9:20am GRC Booty Blitz <b>B</b> S5 Lydia	
	1:05pm Open GRC <b>B</b> S5 Caitlin				10:00am Fundamentals & Tech GRC <b>B</b> S5 Lydia	
			12:30pm Functional Fit C&W Caitlin			
4:30pm Open GRC <b>B</b> S5 Kim	4:30pm Open GRC <b>B</b> S5 Katie M					
5:00pm Pure Sculpt S1 Lucy	4:45pm Pure HIIT S1 Lucy					3:30pm Yin Yoga S4 Carla S/Nikki
5:40pm GRC Plus <b>B</b> S5 Kim	5:20pm Bounce HIIT <b>B</b> S1 Lucy	4:30pm Open GRC <b>B</b> S5 Racheal				
5:40pm Principle Pilates S4 Poornima	5:20pm GRC Booty Blitz <b>B</b> S5 Katie M	5:15pm Hatha Yoga S4 Tanya		5:15pm Pure Sculpt S1 Lucy		
5:50pm Pure Morphosis S1 Lucy	5:20pm Power Yoga S4 Manas	5:35pm GRC Core <b>B</b> S5 Racheal	4:30pm Open GRC <b>B</b> S5 Zoe	6:10pm Zumba S1 Laura		
6:00pm Pure Ride <b>B</b> S2 Matt F	5:55pm Pure Sculpt S1 Lucy	5:20pm Pure Box S1 Caitlin	5:20pm Pure Ride <b>B</b> S2 Zoe	6:10pm Open GRC <b>B</b> S5 Lucy		
6:30pm Hatha Yoga S4 Rebecca	6:00pm Pure Barre <b>B</b> S3 Katie M	6:10pm Open GRC <b>B</b> S5 Racheal	5:30pm Dynamic Yoga S4 Carla		<b>SYMBOL</b>	<b>MEANING</b>
6:30pm Pure Barre <b>B</b> S3 Poornima	6:00pm Open GRC <b>B</b> S5 Julius	6:10pm Suspension <b>B</b> S1 Caitlin	5:55pm GRC Booty Blitz <b>B</b> S5 Zoe		<b>B</b>	Booking required
6:30pm Open GRC <b>B</b> S5 Tanya	6:50pm Pure Release S4 Julius	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla		S1	Studio 1 (front room)
6:40pm Pure Bounce <b>B</b> S1 Lucy	6:45pm Booty Blitz <b>B</b> S1 Lucy	7:00pm Power Pilates S1 Racheal	6:30pm Pure Bounce <b>B</b> S1 Zoe		S2	Studio 2 (ride room)
					S3	Studio 3 (barre room)
					S4	Studio 4 (yoga room)
					S5	Studio 5 (reformer room)