

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 - Thursday
8:30am - 11:30am
Fri 8:00am - 11:30am
Sat 7:00am - 11:00am
\$2.00 per child

CELEBRATING 15 YEARS OF PURE HEALTH CLUBS
Enjoy 15 days for \$15 (first time visitors only)
\$15 Group Personal Training Sessions (min 3 in group, maximum 4 sessions) Flashback to 2003 Membership Prices! Upfront - buy one, get one 1/2 price. Direct Debit - Save \$500! New classes added to timetable - Pure Slide, Pure Orb and Pure Skip!

GET UNSTUCK and live your Dream Life!
Starts 6th November with Marina Perry
Are you feeling a little (or a lot) stale, stagnant or stalled?
Are you keen to get UNSTUCK? Are you ready to really realise the results you've been craving? Marina will guide you through the key steps to ceasing self sabotage, getting past limiting patterns and being really creating positive powerful changes!

MEET THE REAL WONDER WOMEN EVENT
Tuesday 13th November 7pm - Newstead Studios Event Space
Watch, listen and drink in the magical wisdom as Marina Perry interviews a panel of REAL wonder woman. See reception for details on tickets

DREAMBUILDER
23rd - 25th November
Marina's signature life transforming 3 day program. Designed to help you lose your limits, love your life and live your dreams. \$1497 investment for Pure members (payment plan available)

12 DAY REBOOT
Kicks off 30th November. Only \$97 for all recipes, movement and mindset to re-energise, renew and reboot your body and life!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC B S5 Sally/Anthea	5:30am GRC Core B S5 Sally	5:30am GRC Open B S5 Bianca	5:30am GRC Booty Blitz B S5 Matt F	5:30am Morphosis S1 Mariana	6:50am Pure HIIT S1 Caitlin	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Francesca	5:30am Pure Ride B S2 Mariana	5:30am Pure Suspension BS1 Lucy	5:30am Open GRC B S5 Julius	7:00am GRC Core B S5 Julius/Jayde	
6:05am Booty Blitz B S1 Zoe	6:05am Open GRC B S5 Sally	6:05am Pure Bounce B S1 Mariana	6:05am Open GRC B S5 Matt F	6:20am Function Fit B S1 Caitlin	7:30am Pure Box S1 Caitlin	
6:20am GRC Plus B S5 Sally/Anthea	6:20am Functional Fit B C&W Francesca	6:15am Principle Pilates S4 Bianca	6:20am Pure Orb S1 Lucy *NEW!*		7:40am Open GRC B S5 Julius/Jayde	
					7:40am Pure Barre B S3 Lydia/Jenni	8:15am Pure Ride B S2 Zoe
8:30am Pure Orb S1 Lucy *NEW!*	8:45am Open GRC B S5 Tanya	8:30am Booty Blitz B S1 Caitlin		8:00am Open GRC B S5 Zoe	8:20am Pure Sculpt S1 Caitlin	8:20am Hatha Yoga S4 Tanya
9:05am Barre Express B S3 Lucy	8:45am Pure Morphosis S1 Marina	8:30am GRC Plus B S5 Bianca	8:40am Open GRC B S5 Kelly-Grace	8:15am Pure Slide S1 Lucy *NEW!*	8:30am Open GRC B S5 Julius/Jayde	8:20am Open GRC B S5 Sally
8:45am Open GRC B S5 Rach	9:35am Open GRC B S5 Tanya	9:20am Pure HIIT S1 Caitlin	8:40am Pure Bounce B S1 Lucy	8:50am Suspension B S1 Matt F	8:30am Principle Pilates S4 Lydia/Jenni	8:50am Pure Sculpt S1 Zoe
9:00am NIA/Dance/Flow S1 Sophie	9:35am Pure Sculpt S1 Marina	9:20am Open GRC B S5 Bianca	9:15am Hatha Yoga S4 Rachel	8:50am Open GRC B S5 Zoe	9:10am Pure Bounce B S1 Caitlin	9:10am Open GRC B S5 Sally
9:40am Pure Ride B S2 Lucy	10:30am Pure Orb S1 Marina *NEW!*	10:00am Pure Flow S1 Caitlin	9:30am Open GRC B S5 Kelly-Grace	9:40am Open GRC B S5 Matt F	9:20am Pure Ride B S2 Julius/Jayde	9:30am Yin Yoga S4 Tanya
9:35am Open GRC B S5 Rach	10:30am Yoga Essentials S4 Tanya	10:10am Principle Pilates S4 Bianca	9:30am Pure Box S1 Matt F	9:40am Pure Sculpt S1 Zoe	9:20am Dynamic Yoga S4 Carla	9:40am Pure HIIT S1 Zoe
10:30am Hatha Yoga S4 Tanya		10:50am Pure Skip B S1 Caitlin *NEW!*	10:25am Deep Relaxation S4 Rachel	10:30am Yin Plus S4 Tanya	9:30am Fundamentals & Tech GRC B S5 Lydia/Jenni	10:15am Pure Slide B S1 Zoe *NEW!*
10:25am Principle Pilates S1 Rach	12:15pm Functional Fit C&W Caitlin				10:00am Pure Release S4 Julius/Jayde	
	1:05pm Open GRC B S5 Caitlin					
			12:15pm Functional Fit C&W Rebecca J			
	4:30pm Open GRC B S5 Katie M		1:05pm Open GRC B S5 Rebecca J			
4:30pm Open GRC B S5 Tanya	4:45pm Pure HIIT S1 Caitlin					
5:00pm Pure Sculpt S1 Lucy	5:20pm Bounce HIIT B S1 Caitlin	4:30pm Open GRC B S5 Racheal	4:30pm Open GRC B S5 Zoe			3:30pm Yin Yoga S4 Carla S/Nikki
5:40pm GRC Plus B S5 Tanya	5:20pm Power Yoga S4 Manas	4:45pm Pure Slide B S1 Francesca *NEW!*	4:45pm Pure Skip B S1 Fran *NEW!*			
5:40pm Principle Pilates S4 Anthea	5:30pm GRC Booty Blitz B S5 Katie M	5:15pm Hatha Yoga S4 Tanya	5:20pm Pure Ride B S2 Zoe	5:15pm Pure Sculpt S1 Caitlin		
5:50pm Pure Morphosis S1 Lucy	5:55pm Pure Sculpt S1 Caitlin	5:20pm GRC Core B S5 Racheal	5:20pm Pure Orb S1 Francesca *NEW!*	6:10pm Zumba S1 Laura		
6:00pm Pure Ride B S2 Matt F	6:10pm Pure Barre B S3 Katie M	5:20pm Pure Box S1 Francesca	5:30pm Dynamic Yoga S4 Carla	6:10pm Open GRC B S5 Caitlin		
6:30pm Hatha Yoga S4 Rebecca	6:10pm Open GRC B S5 Julius	6:10pm Open GRC B S5 Racheal	5:55pm Fithoop B S1 Zoe			
6:30pm Pure Barre B S3 Anthea	6:25pm Deep Relaxation S4 Rachel	6:10pm Suspension B S1 Francesca	6:10pm Open GRC B S5 Francesca			
6:30pm Open GRC B S5 Tanya	6:45pm Booty Blitz B S1 Caitlin	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla			
6:40pm Pure Bounce B S1 Lucy	7:00pm Pure Release S4 Julius	7:00pm Power Pilates S1 Racheal	6:30pm Pure Bounce B S1 Zoe			
					SYMBOL	MEANING
					B	Booking required
					S1	Studio 1 (front room)
					S2	Studio 2 (ride room)
					S3	Studio 3 (barre room)
					S4	Studio 4 (yoga room)
					S5	Studio 5 (reformer room)