

**STUDIO HOURS:**  
M - W 5:30am - 8:30pm  
Th 5:30am - 8:00pm  
F 5:30am - 7:00pm  
Sat 6:00am - 12:00pm  
Sun 8:00am - 12:00pm

**CHILD MINDING:**  
M - Tu: 8:30 - 11:30am  
W - F 8:00 - 11:30am  
Sat 7:30 - 11:00am  
\$3.50 per child/ 20 Pack \$55

**Spring has Sprung!**

☆☆ IT'S SHOPWORK SEASON AT PURE!! ☆☆☆

**Attend any of the workshops this Sept Oct for only \$57 each or \$117 for 3!**

**Choose from: Nutrition | Mindset | Flat Belly | Perkify Peach | Lift Inner Critic | Hormones | Stress and more!! See reption to book.**

**WELL, WOKE & WONDERFUL!**

★ **A Womens Wellness Day** ★

**21st September**

Understand your cycle, claim your wholeness & embrace your intuition and beauty. Strictly limited ticket available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC B S3 Tanya	5:30am GRC Core B S3 Morgan (30 mins)	5:30am Open GRC B S3 Bianca	5:30am GRC Booty Blitz B S3 Matt F (30 mins)	5:30am Pure Morphosis S1 Stephanie	6:15am Open GRC B S3 Julius/Jayde	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Francesca	5:30am Pure Ride B S2 Morgan	5:30am Suspension B S1 Lucy	5:30am Open GRC B S3 Emma	6:50am Pure HIIT S1 Caitlin	
6:05am Booty Blitz B S1 Zoe	6:05am Open GRC B S3 Morgan	6:05am Pure Bounce B S1 Morgan	5:45am Dynamic Yoga S5 Carla	6:20am Function Fit B C&W Stephanie	7:05am GRC Core B S3 Julius/Jayde (30 mins)	
6:20am Open GRC B S3 Tanya	6:20am Pure Sculpt S1 Francesca	6:20am Principle Pilates S4 Bianca	6:05am Open GRC B S3 Matt F	6:20am Open GRC B S3 Emma	7:30am Pure Box S1 Caitlin	8:10am Open GRC B S3 Sally
8:45am Open GRC B S3 Rach			6:20am Pure HIIT S1 Lucy		7:40am Open GRC B S3 Julius/Jayde	8:15am Pure Ride B S2 Zoe
8:55am Pure Orb S1 Lucy		8:00am Booty Blitz B S1 Caitlin	8:00am Open GRC B S3 Bianca	8:00am Open GRC B S3 Zoe	7:40am Pure Barre B S5 Jenni	8:30am Hatha Yoga S4 Tanya
9:30am Pure Ride B S2 Lucy	8:45am Open GRC B S3 Tanya	8:45am GRC Plus B S3 Bianca	8:00am Pure Ride B S1 Marina	8:15am Pure HIIT S1 Caitlin	8:20am Pure Sculpt S1 Caitlin	8:50am Pure Sculpt S1 Zoe
9:30am Hatha Yoga S4 Tanya	8:45am Pure Morphosis S1 Marina	8:50am Pure Bounce B S1 Caitlin	8:30am NIA S1 Sophie	8:50am Suspension B S1 Matt	8:30am Open GRC B S3 Julius/Jayde	9:00am Open GRC B S3 Sally
9:40am Open GRC B S3 Rach	9:35am Open GRC B S3 Tanya	9:35am Open GRC B S3 Bianca	8:50am Open GRC B S3 Bianca	8:50am Open GRC B S3 Zoe	8:30am Principle Pilates S4 Jenni	9:40am Yin + Yoga S4 Tanya
10:30am Principle Pilates S1 Rach	9:35am Pure Sculpt S1 Marina	9:40am Pure Chance S1 Caitlin	8:40am Pure Barre B S5 Marina	9:40am Open GRC B S3 Matt	9:10am Pure Bounce B S1 Caitlin	9:40am Pure HIIT S1 Zoe
	10:30am Yoga Essentials S4 Tanya	10:30am Principle Pilates S4 Bianca	9:30am Hatha Yoga S4 Rachel	9:40am Pure Sculpt S1 Zoe	9:20am Pure Ride B S2 Julius/Jayde	9:50am Open GRC B S3 Sally
12:30pm Function Fit C&W Francesca			9:35am Pure Box S1 Matt F	10:30am Yin Plus S4 Tanya	9:20am Dynamic Yoga S4 Carla	
1:20pm Open GRC B S3 Francesca		12:15pm Function Fit C&W Caitlin	10:40am Deep Relaxation S4 Rachel (35 mins)		9:30am Fundamentals & Tech GRC B S3 Jenni	
		1:05pm Open GRC B S3 Caitlin			10:00am Pure Release S1 Julius/Jayde	
4:30pm Open GRC B S3 Morgan	4:30pm Open GRC B S3 Francesca	4:30pm Open GRC B S3 Racheal	4:30pm Open GRC B S3 Morgan			3:30pm Yin Yoga S4 Jai/Nikki
5:00pm Pure Sculpt S1 Lucy	4:45pm Pure HIIT S1 Stephanie	4:30pm Pure Ultra S1 Marina	5:00pm Pure Chance S1 Lucy	5:10pm Hatha Yoga S4 Rachel		
5:20pm Pure Barre B S5 Morgan	5:15pm Power Yoga S4 Manas	5:15pm Hatha Yoga S4 Tanya	5:20pm Pure Ride B S2 Zoe	5:15pm Pure Sculpt S1 Francesca		
5:40pm Principle Pilates S4 Kylie	5:20pm Pure Box S1 Stephanie	5:20pm Pure Box S1 Marina	5:30pm Dynamic Yoga S4 Carla R	6:10pm Zumba S1 Laura		
5:50pm Pure Morphosis S1 Lucy	5:35pm GRC Booty Blitz B S5 Katie M (30 mins)	5:20pm GRC PLUS B S3 Rach	5:40pm Booty Blitz S1 Lucy	6:10pm Open GRC B S3 Francesca		
6:00pm Pure Ride B S2 Matt F	6:10pm Pure Sculpt S1 Stephanie	6:10pm Open GRC B S3 Racheal	6:00pm GRC PLUS B S3 Morgan	6:15pm Deep Relaxation S4 Rachel	SYMBOL	MEANING
6:30pm Hatha Yoga S4 Rebecca	6:10pm Pure Barre B S5 Katie M	6:10pm Suspension B S1 Marina	6:30pm Pure Bounce B S1 Lucy		B	Booking required
6:30pm Open GRC B S3 Julius	6:10pm Open GRC B S3 Julius	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla R		S1	Studio 1 (Front Room)
6:40pm Pure Bounce B S1 Lucy	7:00pm Pure Release S4 Julius	7:00pm Small Apparatus S1 Racheal			S2	Studio 2 (Ride Room)
					S3	Studio 3 (Reformer)
					S4	Studio 4 (Yoga Room)
					S5	Studio 5 (Barre Room)
					C&W	C&W Cardio & Weights