

**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

## HANDSTAND WORKSHOP

Sun 22nd Mar

1:30 pm - 3:30 pm

Learn the physical and technical preparation, and everything required to progress and achieve competent handstand.

No yoga experience required.

\$45 non-members | \$30 Pure members

## FOUNDATIONS OF YOGA WORKSHOP

Sun 5th Apr

1:30 pm - 3:30 pm

If you're new to yoga, or wanting to dive deeper into alignment and practicing for longevity, you won't want to miss this!

No yoga experience required.

\$45 non-members | \$30 Pure members

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 Pure Ride B S2 Morgan	5:30am GRC Booty Blitz B S3 Morgan (30 mins)	5:30am Pure Morphosis S1 Steph		
5:30am Pure HIIT S1 Caitlin	5:30am Pure Box S1 Francesca	5:30am Open GRC B S3 Bianca/Angel	5:30am Suspension B S1 Lucy	5:30am Open GRC B S3 Emma	6:50am Pure HIIT S1 Caitlin/Morgan	
6:05am Booty Blitz B S1 Caitlin	6:05am Open GRC B S3 Morgan	6:05am Pure Bounce B S1 Morgan	5:45am Dynamic Yoga S5 Carla	6:20am Pure X-Train B S1 Steph	7:05am GRC Core B S3 Julius/Jayde	
6:20am Open GRC B S3 Tanya	6:20am Pure Sculpt S1 Francesca	6:20am Principle Pilates S4 Bianca/Angel	6:05am Open GRC B S3 Morgan	6:20am Open GRC B S3 Emma	7:30am Pure X-Train B S1 Caitlin/Morgan	8:10am Open GRC B S3 Sally/Morgan
			6:20am Pure HIIT S1 Lucy		7:40am Open GRC B S3 Julius/Jayde	8:15am Pure Ride B S2 Zoe
8:15am Pure ORB S1 Francesca		8:00am GRC Plus B S3 Bianca		8:00am Open GRC B S3 Zoe	7:40am Pure Barre B S5 Jenni	8:30am Hatha Yoga S4 Tanya
8:50am Open GRC B S3 Francesca	8:00am Open GRC B S3 Tanya	8:45am Booty Blitz B S1 Zoe	8:00am Open GRC B S3 Kelly Grace	8:15am Pure HIIT S1 Caitlin	8:20am Pure Sculpt S1 Caitlin/Morgan	8:50am Pure Sculpt S1 Zoe
8:50am Pure Bounce B S1 Lucy/Caitlin	8:45am Pure Morphosis S1 Marina	8:50am Open GRC B S3 Bianca	8:00am Pure Ride B S1 Marina	8:50am Suspension B S1 Matt	8:30am Open GRC B S3 Julius/Jayde	9:00am Open GRC B S3 Sally/Morgan
9:30am Hatha Yoga S4 Tanya	8:50am Open GRC B S3 Tanya	9:40am PURE X-Train B S1 Zoe	8:30am NIA S1 Sophie	8:50am Open GRC B S3 Zoe	8:30am Principle Pilates S4 Jenni	9:40am Yin Yoga S4 Tanya
9:40am Pure Ride B S2 Lucy/Caitlin	9:35am Pure Sculpt S1 Marina	9:40am Principle Pilates S4 Bianca	8:40am Pure Barre B S5 Marina	9:00am Kundalini Yoga S4 Nikki R *NEW!*	9:10am Pure Bounce B S1 Caitlin/Morgan	9:40am Pure HIIT S1 Zoe
9:40am Open GRC B S3 Francesca	9:45am Hatha Yoga S4 Tanya		8:50am Open GRC B S3 Kelly Grace	9:40am Open GRC B S3 Matt	9:20am Pure Ride B S2 Julius/Jayde	9:50am Open GRC B S3 Sally/Morgan *NEW!*
		12:15pm Function Fit B C&W Francesca	9:30am Hatha Yoga S4 Rachel	9:40am Pure Sculpt S1 Zoe	9:20am Dynamic Yoga S4 Carla	
12:30pm Function Fit B C&W Francesca		1:05pm Open GRC B S3 Francesca	9:35am Pure Box S1 Matt F	10:30am Yin Plus S4 Tanya	9:30am Fundamentals & Tech GRC B S3 Jenni	
	3:30pm Hip Hop S1 Vanessa *NEW!*		10:40am Deep Relaxation S4 Rachel (35 mins)		10:00am Pure X-Train B C&W Caitlin/Morgan *NEW!*	
4:30pm Open GRC B S3 Morgan	4:30pm Open GRC B S3 Francesca	4:30pm Open GRC B S3 Tanya			10:00am Pure Release S1 Julius/Jayde	3:30pm Yin Yoga S4 Jai/Nikki
5:00pm Pure Sculpt S1 Caitlin	4:45pm Pure HIIT S1 Katie M	4:45pm Pure HIIT S1 Marina	4:30pm Open GRC B S3 Bianca	5:10pm Yin Yang Yoga S4 Rachel	10:25am Gentle Flow Yoga S4 Carla *NEW!*	
5:20pm Pure Barre B S5 Morgan	5:20pm Pure Box S1 Francesca	5:20pm Hatha Yoga S4 Tanya	5:20pm Pure Barre B S5 Katie	5:15pm Pure Sculpt S1 Francesca		
5:40pm Principle Pilates S4 Kylie	5:20pm GRC Booty B S3 Katie M	5:20pm Pure X-Train B S1 Marina	5:20pm Pure Ride B S2 Caitlin	6:10pm Zumba S1 Laura		
5:50pm Pure Morphosis S1 Caitlin	5:30pm Power Yoga S4 April	6:10pm Open GRC B S3 Morgan	5:25pm GRC Core B S3 Bianca (30 mins)	6:10pm Open GRC B S3 Francesca		
6:00pm Pure Ride B S2 Matt F	6:10pm Open GRC B S3 Julius	6:10pm OPAcize S1 Valerie *NEW!*	5:30pm Dynamic Yoga S4 Carla R	6:15pm Deep Relaxation S4 Rachel (35 mins)		
6:30pm Hatha Yoga S4 Rebecca	6:10pm Pure Sculpt S1 Francesca	6:25pm Yin Yoga S4 Tanya	5:55pm Booty Blitz B S1 Caitlin		SYMBOL	MEANING
6:30pm Open GRC B S3 Julius	6:10pm Pure Barre B S5 Katie M	7:00pm Power Pilates S1 Morgan	6:10pm Open GRC B S3 Katie M		B	Booking required
6:40pm Pure Bounce B S1 Caitlin	7:00pm Pure Release S4 Julius		6:35pm Yin Yoga S4 Carla R		S1	Studio 1 (Front Room)
			6:45pm Pure Bounce B S1 Caitlin		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