

PURE AUSTIN FITNESS DOWNTOWN

FEBRUARY 2018: WINTER SCHEDULE

M	TU	W	TH	F	SA	SU
6:00-6:55 SHRED SPLIT Kirsten	6:00-6:55 WINTER TRAINING Indoors/Outdoors Meagan	6:00-6:55 LIFT COMPLETE Kirsten	6:00-6:55 SHRED IGNITE Drew	6:00-6:55 SHRED IGNITE Eric		
	6:00-6:55am SHRED ENDURO Drew					
8:00-9:15 HATHA YOGA Jerry		8:00-9:15 HATHA YOGA Jerry		8:00-9:15 HATHA YOGA Jerry	9:00-9:55 LIFT COMPLETE Steve	
9:30-10:30 SHRED SPLIT Mallory		9:30-10:30 MUSCLE ENDURANCE Debra			10:00-10:50 SHRED ENDURO Rocco/Kirsten	
					10:15-11:00 HIT Steve	10:00-10:45 TRIPLE THREAT Susanna
12:00-12:55 LIFT COMPLETE Mallory	12:00-12:55 TRIPLE THREAT Greg	12:00-12:55 * SHRED LIFT Mallory & Shirley	12:00-12:55 SHRED IGNITE Greg	12:00-12:55 SHRED SPLIT Beth F	11:00-11:15 CORE BLAST Steve	11:00-12:30 PURE PRANA Zoe
12:00-12:55 SHRED ENDURO Caitlin					11:30-12:30 ROCKET YOGA Gil	
	1:15-2:15 HATHA YOGA Paula		1:15-2:15 HATHA YOGA Zoe			
5:30-6:15 DANCE & SWEAT Jessica	5:30-6:15 MUSCLE ENDURANCE Rachel	5:30-6:15 HIT Erika		5:15-6:10 LIFT COMPLETE Erika		4:30-5:30 HOUSE YOGA Jess
5:30-6:15 SHRED ENDURO Cara						
	6:00-6:55 SHRED ENDURO Oktay		6:00-6:55 SHRED LIFT Devin & Meagan			
6:30-7:15 SHRED IGNITE Beth B & Kirsten	6:30-7:25 BLACKOUT Mike	6:30-7:15 SHRED ENDURO Caitlin		6:30-7:30 HATHA YOGA Paula		
7:30-8:30pm HOUSE YOGA Jess		7:30-8:30pm HOUSE YOGA Leslie				
CARDIO	SHRED	STRENGTH	YOGA		* WRISTBAND required	

SHRED CHALLENGE!
2/1-2/28
 TAKE 12 SHRED CLASSES & WIN A SHRED TANK OR T.
SHREDFEST
2/24 @DT PURE
 9-9:45
SHRED ENDURO
 10-10:45
SHRED IGNITE
 11-12PM
SHRED SPLIT
 Lift, HIT, Core Blast & Rocket Yoga will resume on 3/3/18

