

PURE AUSTIN FITNESS QUARRY LAKE

FEBRUARY 2018: WINTER SCHEDULE

M	TU	W	TH	F	SA	SU
6:00-6:45 PRO RIDE Jen	6:00-6:45 PRO RIDE Doug	6:00-6:45 PRO RIDE Lauren	6:00-6:45 PRO RIDE Doug	6:00-6:55 SHRED CIRCUIT Lauren		
6:00-6:55 LIFT COMPLETE Nicole		6:00-6:55 SHRED SPLIT Nicole			9:30-10:25 ENDURANCE RIDE Jordana	
9:15-10:10 LIFT COMPLETE Shirley			9:15 - 10:10 HOT DEFINE X Shirley		10:00-10:55 LIFT COMPLETE Suzanne	10:00-10:45 PRO RIDE Dawn
12:00-12:45 PRO RIDE Jen	12:00-12:45 * HOUSE CYCLE Ryon		12:00-12:45 * HOUSE CYCLE Ryon	12:00-12:45 PRO RIDE Jen	10:00-10:55 Hot Yoga Veronica	10:00-11:00 HATHA YOGA Jerry
12:00-12:45 MUSCLE ENDURANCE Lisa	12:00-12:45 WINTER TRAINING Indoors/Outdoors Elaine	12:00-12:55 SHRED IGNITE Jen	12:00-12:55 LIFT COMPLETE Elaine	12:00-12:55 * SHRED SPLIT Meagan	11:00-11:55 DANCE & SWEAT Jessica L	11:00-11:55 LIFT COMPLETE Elaine
12:00-12:55 HOUSE YOGA Zoe	12:00-12:55 PURE PRANA Jess	12:00-12:55 HATHA YOGA Heather	12:00-12:55 PURE PRANA Jordana	12:00-12:55 HATHA YOGA Paula	11:15-12:00 * HOUSE CYCLE Ryon	
5:30-6:15 TRIPLE THREAT Amanda	5:30-6:25 * LIFT COMPLETE Shirley	5:30-6:25 BARRE BURN Beth B	5:30-6:25 MUSCLE ENDURANCE Jordana			
			5:45-6:30 PRO RIDE Jordan			
6:15-7:00 PRO RIDE Dawn	6:15-7:30 ENDURANCE RIDE Jordan	6:15-7:00 PRO RIDE Jen				
6:30-7:30 * LIFT COMPLETE Steve	6:30-7:30 KICKBOXING Elaine	6:30-7:30 SHRED CIRCUIT Beth F	6:30-7:30 BLACKOUT Outdoors, weather permitting Steve			
6:30-7:30 HOT YOGA Sedef	6:30-7:30 HATHA FLOW Duke	ROCK CLIMBING INTRO 6:30-7:00 PRO 7:00-7:45 Angelo/Ravi	6:30-7:30 HOT YOGA Sedef			

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
DT Sat. Lift, HIT, Core Blast & Rocket Yoga will resume on 3/3/18

CARDIO

SHRED

STRENGTH

YOGA

* WRISTBAND required