

PURE AUSTIN FITNESS QUARRY LAKE

MARCH 2018: SPRING 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 KJ		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 SPRING 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 PURE PRANA Zoe	12:00-12:55 HOUSE YOGA Jess	12:00-12:55 HATHA YOGA Heather	12:00-12:55 PURE PRANA Jordana	12:00-12:55 HATHA YOGA Duke	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 Shirley			
			5:45-6:30 HOUSE CYCLE Jordan			
6:15-7:00 PRO RIDE Dawn	6:15-7:30 ENDURANCE RIDE Danielle	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	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			

CARDIO

SHRED

STRENGTH

YOGA

* WRISTBAND
required