

PURE AUSTIN FITNESS DOWNTOWN

APRIL 2018: SPRING SCHEDULE

M	TU	W	TH	F	SA	SU
6:00-6:55 SHRED SPLIT Kirsten	6:00-6:55 SPRING 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 Fitness Instructor			10:00-10:55 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						
	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
5:30-6:20 SHRED ENDURO Cara						
	6:00-6:55 SHRED ENDURO Okta		6:00-6:55 SHRED LIFT Devin & Meagan			
6:30-7:25 SHRED SPLIT Beth B	6:30-7:25 BLACKOUT Mike	6:30-7:20 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

