

# PURE AUSTIN FITNESS DOWNTOWN

## MAY 2018: SPRING SCHEDULE

| M   | TU                                      | W   | TH  | F                                    | SA   | SU                                      |
|---|---|---|---|--------------------------------------|--|---|
| 6:00-6:55<br>SHRED SPLIT<br>Kirsten         | 6:00-6:55am<br>SHRED ENDURO<br>Drew     | 6:00-6:55<br>LIFT COMPLETE<br>Kirsten                             | 6:00-6:55<br>SHRED IGNITE<br>Drew         | 6:00-6:55<br>SHRED IGNITE<br>Eric    | <b>PURE EXPO @ QL</b><br>MAY 5TH, 8-11:30AM<br>No Group Classes DT |   |
|   |   | 6:00-6:55am<br>SHRED OUT<br>Outdoors weather permitting<br>Andrea |   |                                      |  |   |
| 8:00-9:15<br>HATHA YOGA<br>Jerry            |   | 8:00-9:15<br>HATHA YOGA<br>Jerry                                  |   | 8:00-9:15<br>HATHA YOGA<br>Jerry     | 9:00-9:55<br>LIFT COMPLETE<br>Steve                                |   |
| 9:30-10:30<br>SHRED SPLIT<br>Mallory        |   | 9:30-10:30<br>MUSCLE<br>ENDURANCE<br>Amanda                       |   |                                      | 10:00-10:55<br>SHRED ENDURO<br>Rocco/Kirsten                       |   |
|   |   |   |   |                                      | 10:15-11:00<br>HIT<br>Steve  | 10:00-10:45<br>TRIPLE THREAT<br>Susanna |
| 12:00-12:55<br>LIFT COMPLETE<br>Mallory     | 12:00-12:55<br>TRIPLE THREAT<br>Greg    | 12:00-12:55<br>* SHRED LIFT<br>Mallory & Shirley                  | 12:00-12:55<br>SHRED IGNITE<br>Greg       | 12:00-12:55<br>SHRED SPLIT<br>Beth F | 11:00-11:15<br>CORE BLAST<br>Steve                                 | 11:00-12:30<br>PURE PRANA<br>Zoe        |
| 12:00-12:55<br>SHRED ENDURO<br>Caitlin      |   |   |   |                                      |  |   |
|   | 1:15-2:15<br>HATHA YOGA<br>Paula        |   | 1:15-2:15<br>HATHA YOGA<br>Zoe            |                                      |  |   |
| 5:30-6:15<br>DANCE & SWEAT<br>Jessica       | 5:30-6:15<br>MUSCLE ENDURANCE<br>Rachel | 5:30-6:15<br>HIT<br>Erika   |   | 5:15-6:10<br>LIFT COMPLETE<br>Erika  | 4:30-5:30<br>HOUSE YOGA<br>Jess                                    | 4:30-5:30<br>HOUSE YOGA<br>Jess         |
| 5:30-6:20<br>SHRED ENDURO<br>Cara           |   |   |   |                                      |  |   |
|   | 6:00-6:55<br>SHRED ENDURO<br>Oktay      | 6:30-7:15<br>LIFT COMPLETE<br>Andrea                              | 6:00-6:55<br>SHRED LIFT<br>Devin & Meagan |                                      |  |   |
| 6:30-7:25<br>SHRED SPLIT<br>Beth B & Andrea | 6:30-7:25<br>BLACKOUT<br>Mike           | 6:30-7:20<br>SHRED ENDURO<br>Caitlin                              |   | 6:30-7:30<br>HATHA YOGA<br>Paula     |  |   |
| 7:30-8:30pm<br>HOUSE YOGA<br>Jess           |   | 7:30-8:30pm<br>HOUSE YOGA<br>Leslie                               |   |                                      |  |   |

CARDIO

SHRED

STRENGTH

YOGA

\* WRISTBAND  
required

