

PURE AUSTIN FITNESS DOWNTOWN

JUNE 2018: SUMMER SCHEDULE

| M | TU | W | TH | F | SA | SU |
|---|---|---|--|--------------------------------------|--|---|
| 6:00-6:55 SHRED SPLIT Kirsten | 6:00-6:55am SHRED ENDURO Drew | 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 OUT Outdoors weather permitting Andrea | | | | |
| 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 Andrea | | | 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 |
| | | | | | 12:30-1:20 JUNE 2 FORM & TECHNIQUE Fitness Coach | |
| | 1:15-2:15 HATHA YOGA Paula | | 1:15-2:15 HATHA YOGA Zoe | | | |
| 5:30-6:20 SHRED ENDURO Cara | 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 | 4:30-5:30 HOUSE YOGA Jess |
| | 6:00-6:55 SHRED ENDURO Caitlin | 6:00-6:55 SHRED ENDURO Oktay | 6:00-6:55 SHRED LIFT Andrea & Meagan | | | |
| 6:30-7:25 SHRED SPLIT Beth B | 6:30-7:25 BLACKOUT Mike | 6:30-7:15 LIFT COMPLETE Andrea | | 6:30-7:30 HATHA YOGA Paula | | |
| 7:30-8:30 HOUSE YOGA Jess | | 7:30-8:30 HOUSE YOGA Leslie | | | | |
| CARDIO | SHRED | STRENGTH | YOGA | | * WRISTBAND required | |