

# 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	