PURE LEISURE HEALTH & FITNESS

pure leisure

CLASS TIMETABLE

Pure Leisure Health & Fitness 01524 727845

Monday	Pure Spin 7.15 - 7.45	Body Conditioning 9.30 - 10.30	Stability & Stretch 10.35 - 11.20	Pure Boxercise 18.15 - 19.00	Super HIIT 19.05 - 19.50	Pure Spin 20.00 - 20.30	
Tuesday	Pure Spin 9.00 - 9.30	Pure Cardio 9.45 - 10.30	Pure Tone 10.30 - 11.15	Aquafit 11.30 - 12.15	Body Conditioning 18.00 - 18.45	Disco Spin 19.00 - 19.45	Pure ABS 19.50 - 20.20
Wednesday	Pure Spin 7.15 - 7.45	Body Conditioning 9.30 - 10.30	Stability & Stretch 10.35 - 11.20	Pure ABS 18.00 - 18.30	Aquafit 18.30 - 19.15	HIIT 18.30 - 19.15	Pure Spin 19.30 - 20.15
Thursday	Pure Spin 9.00 - 9.30	Pure Cardio 9.45 - 10.30	Pure Tone 10.30 - 11.15	Body Conditioning 18.00 - 18.45	Circuits 18.55 - 19.40	Pure Spin 19.50 - 20.20	
Friday	Pure Spin 7.15 - 7.45	Body Conditioning 9.30 - 10.15	Pure ABS 10.15 - 10.45	Pure Dance 11.00 - 11.45	Gentle Tone 11.50 - 12.35	Circuits 18.00 - 18.45	Themed Spin 19.00 - 19.45
Saturday	Pure Spin 9.00 - 9.45	Circuits 9.45 - 10.30	Pure ABS 10.30 - 11.00				
Sunday	5 km Run 9.30 - 10.10	Pure Spin 10.15 - 11.00	Pure ABS 11.00 - 11.30				

- You must book in for all classes by using either web app, company website or by calling Pure Leisure 01524 727845.
- Classes can only be booked one week in advance.
- Please arrive on time for your class, late arrival may result in your place being given to another member or guest.
- Classes and instructors may change depending on staff holidays or illness.
- All Pure Leisure classes will run whatever the attendance.

Morning Classes	Evening Classes

web app link - http://pureleisure.clubm.mobi