

## Monday

7.00 - 7.30 - Pure Spin - PL  
9.30 - 10.15 - Pure Cardio - PL  
10.20 - 11.05 - Pure Tone - PL  
18.00 - 18.45 - Circuits - PL  
19.00 - 19.45 - Pure Spin - PL

## Tuesday

\* 9.30 - 10.15 - Aquafit - RL  
9.30 - 10.15 - Pure Spin - PL  
10.30 - 11.30 - Yoga - RL  
13.00 - 13.30 - Beginners Pure Spin - PL  
18.00 - 18.45 - Pure Tone - PL  
19.00 - 19.45 - Pure Spin - PL

## Wednesday

7.00 - 7.30 - Pure Spin - PL  
9.30 - 10.15 - Spin Circuits - PL  
10.20 - 11.05 - Pure Tone - PL  
18.00 - 18.45 - Pure Box - PL  
19.00 - 19.45 - Pure Spin PL

## Thursday

\* 9.30 - 10.15 - Aquafit - RL  
9.30 - 10.15 - Pure Spin - PL  
10.30 - 11.30 - Hatha Yoga- RL  
13.00 - 13.30 - Beginners Pure Spin - PL  
18.00 - 18.45 - Spin Circuits - PL  
19.00 - 19.45 - Dance Fit - RL  
19.50 - 20.45 - Yoga- RL

## Friday

7.00 - 7.30 - Pure Spin - PL  
9.30 - 10.15 - Pure Tone - PL  
10.20 - 11.05 - Gentle Tone - PL  
18.00 - 18.45 - Cardio & Tone - PL  
19.00 - 19.45 - Pure Spin - PL

## Saturday & Sunday

9.30 - 10.15 - Pure Spin - PL  
10.30 - 11.15 - Cardio & Tone - PL  
14.00- 14.30 - Beginners Pure Spin - PL

Instructors - PL = Pure Leisure Staff RL = Ruth Freelance Instructor

**\* Pool will be closed for swimming when Aquafit is on  
Tuesday & Thursday 9.30am till 10.15am**