

# CLASS TIMETABLE: MON 16<sup>TH</sup> JAN – TUES 31<sup>ST</sup> JAN 2012

Pure Fitness Studios Limited 19-21 Bloomfield Avenue, Belfast BT5 5AA. Tel: 028 9045 6555 Email: info@purefitnessstudios.com

## MONDAY

TIME	CLASS	CLASS TYPE
10.00-10.45	BODYPUMP	CONDITIONING
10.55-11.40	BODYCOMBAT	CARDIO
12.30-13.00	LEGS/BUMS/TUMS	TONING
17.15-18.00	BODYPUMP [B]	CONDITIONING
18.15-19.00	BODYCOMBAT [B]	CARDIO
18.15-19.00	CYCLING [B]	CARDIO
19.10-19.50	BODYBALANCE [B]	MIND/BODY
19.15-20.00	CYCLING [B]	CARDIO
20.00-20.45	BODYSTEP [B]	CARDIO
20.05-20.45	CYCLING [B]	CARDIO
20.50-21.30	BODYCOMBAT	CARDIO

### PURE FITNESS OUTDOORS

18.15-19.00 COMMENCES 20<sup>TH</sup> FEBRUARY

## TUESDAY

TIME	CLASS	CLASS TYPE
09.30-10.15	BODYSTEP	CARDIO
11.00-12.00	BODYBALANCE	MIND/BODY
12.30-13.15	BODYCOMBAT	CARDIO
17.15-18.05	BODYCOMBAT	CARDIO
18.15-19.00	BODYATTACK [B]	CARDIO
18.15-19.00	CYCLING [B]	CARDIO
19.10-19.55	BODYPUMP [B]	CONDITIONING
19.15-20.00	CYCLING [B]	CARDIO
20.00-20.45	ZUMBA [P]	CARDIO
20.50-21.30	BODYCOMBAT	CARDIO

### PURE FITNESS OUTDOORS

06.45-07.30 PURE FITNESS STUDIOS

## WEDNESDAY

TIME	CLASS	CLASS TYPE
10.00-11.00	BODYPUMP	CONDITIONING
11.15-12.00	ZUMBA [P]	CARDIO
12.10-12.50	HARDCORE LEGS/ABS	TONING
16.30-17.10	BODYSTEP	CARDIO
17.15-18.00	BODYBALANCE	MIND/BODY
18.05-18.50	BODYCOMBAT [B]	CARDIO
18.55-19.40	BODYPUMP [B]	CONDITIONING
19.50-20.35	BODYCOMBAT [B]	CARDIO
19.50-20.30	CYCLING [B]	CARDIO
20.40-21.10	LEGS/BUMS/TUMS	TONING

### PURE FITNESS OUTDOORS

06.45-07.30 PURE FITNESS STUDIOS  
12.30-13.15 COMMENCES 8<sup>TH</sup> FEBRUARY

## THURSDAY

TIME	CLASS	CLASS TYPE
09.45-10.30	LEGS/BUMS/TUMS	CONDITIONING
10.40-11.25	BODYCOMBAT	CARDIO
16.45-17.30	CIRCUITS	CARDIO/TONING
17.35-18.05	LEGS/BUMS/TUMS	TONING
18.10-18.50	BODYSTEP [B]	CARDIO
19.00-19.45	ZUMBA [P]	CARDIO
19.00-19.45	CYCLING [B]	CARDIO
19.50-20.25	CORE STRENGTH	CONDITIONING
20.30-21.00	KETTLEBELLS [P]	CARDIO/TONING

### PURE FITNESS OUTDOORS

06.45-07.30 PURE FITNESS STUDIOS

## FRIDAY

TIME	CLASS	CLASS TYPE
09.30-10.30	BODYPUMP	CONDITIONING
10.40-11.25	CARDIO BOX	CARDIO
11.30-12.15	BODYBALANCE	MIND/BODY
16.30-17.20	BODYATTACK	CARDIO
17.30-18.15	BODYPUMP	CONDITIONING
18.30-19.30	BODYSTEP	CARDIO

CLOSE @ 7.30PM

## SATURDAY

TIME	CLASS	CLASS TYPE
08.50-09.20	KETTLEBELLS [P]	CARDIO/TONING
09.30-10.15	BODYPUMP	CONDITIONING
10.25-11.10	CYCLING [B]	CARDIO
10.25-11.10	ZUMBA [P]	CARDIO
11.15-12.00	BODYSTEP	CARDIO
12.10-12.55	BODYBALANCE	MIND/BODY

CLOSE @ 4PM

### PURE FITNESS OUTDOORS

09.15-10.00 VICTORIA PARK, EAST BELFAST  
[MEET @ CARPARK]

## SUNDAY

### PURE FITNESS OUTDOORS

09.15-10.00 STORMONT PARK, EAST BELFAST  
[MEET @ GATES]

**[B] = BOOKING** – due to popular demand, classes marked with a **[B]** require booking online or by phone up to 48hrs prior to the day of the class.

**[P] = PAID-FOR CLASSES** – classes marked with a **[P]** require additional payment on arrival or by prepayment.

**ZUMBA**– these sessions are included in your Pure Membership! (non-members £6)

**PURE FITNESS OUTDOORS** classes may ONLY be attended by members of **PURE FITNESS OUTDOORS**