

PureGym - Quorum

Enjoy Fitness..... Why not book a class, workshop or induction

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Michael 6.15 - 7.00 Pure Cycle	Christy 6.15 - 7.00 Pure Cycle	Michael 6.15 - 6.45 Pure Tabatta	Christy 6.15 - 6.45 Pure Intensity	Carole 6.15 - 7.00 Pure Cycle	Ben 7.00-7.30 Induction	Christy 8.00 - 8.30 Pure Bootcamp
	Michael 7.10 - 7.30 Fast Abs	Christy 7.05 - 7.20 Fast Abs	Michael 6.50 - 7.10 Fast Abs	Christy 6.50 - 7.10 Fast Core	Carole 7.05 - 7.20 Fast Abs	Ben 7.30 - 8.15 Pure Cycle	Christy 8.45 - 9.15 Pure Cycle
	Jennifer 8.00 - 9.00 Zumba £2	Christy 8.00 - 8.30 Induction	Michael 7.20 - 8.00 Pure Circuit	Christy 7.30 - 8.00 Induction	Carole 8.00 - 8.30 Induction	Ben 8.30 - 9.15 Pure Intensity	Christy 9.30 - 9.50 Fast Abs
	Michael 8.00-8.30 Induction	Christy 9.00 - 9.45 Pure Cycle	Jennifer 8.00 - 9.00 Zumba £2	Christy 8.30 - 9.00 Pure Cycle	Carole 9.00 - 9.45 Pure Cycle	Ben 10.00 - 10.30 Pure Pump	Christy 10.30 - 11.00 Induction
	Michael 9.00 - 9.45 Pure Pump	Jennifer 9.00 - 10.00 Zumba £2	Michael 8.30 - 9.00 Induction	Christy 9.30 - 10.00 Induction	Carole 10.30 - 11.00 Induction	Ben 10.40 - 11.00 Fast Abs	
	Michael 9.50 - 10.10 Fast Abs	Christy 10.30 - 11.00 Induction	Michael 9.30 - 10.15 Pure Cycle	Christy 10.20 - 11.00 Intro to Powerplate			
Michael 10.30 - 11.00 Induction	Carole 11.00 - 11.30 Induction	Michael 10.30 - 11.00 Induction	Carole 11.00 - 11.30 Induction				
DAYTIME	Enkhy 11.00-11.30 Induction	Carole 12.10 - 12.50 Pure Cycle	Enkhy 11.00 - 11.30 Induction	Carole 12.10 - 12.50 Pure Cycle	Enkhy 11.00 - 11.30 Induction	Josh 12.00 - 12.45 Pure Cycle	Jack T 11.00 - 11.30 Induction
	Debica 11.45-12.30 Yoga £2	Scott 12.15 - 12.45 Pure Tabatta	Enkhy 12.15 - 12.45 Pure Cycle	Scott 12.15 - 12.45 Pure Tabatta	Enkhy 12.10 - 12.45 Pure Tabatta	Josh 13.00 - 13.45 Pure Pump	Jack T 12.00-12.30 Pure Tabatta
	Enkhy 12.15 - 12.45 Pure Cycle	Carole 13.10 - 13.50 Pure Cycle	Enkhy 13.15 - 13.45 Pure Intensity	Carole 13.10 - 13.50 Pure Cycle	Enkhy 13.10 - 13.45 Pure Cycle	Josh 14.15 - 14.45 Induction	Jack T 12.40 - 13.00 Fast Abs
	Debica 12.30 - 1.15 Yoga £2	Scott 13.15 - 13.45 Pure Circuit	Enkhy 14.00 - 14.45 Pure Pump	Scott 13.15 - 13.45 Pure Circuit	Enkhy 14.15 - 14.45 Induction	Josh 15.00 - 16.45 Pure Bootcamp	Jack T 13.30 - 14.00 Induction
	Enkhy 13.20 - 13.50 Pure Tabatta	Carole 14.30 - 15.00 induction	Enkhy 15.30 - 16.00 Induction	Scott 14.00 - 14.30 Pure Stretch			Jack T 14.30 -15.00 Beginners Cycle
Scott 3.15 - 3.45 Beginners Cycle	Scott 15.00 - 15.30 Pure Stretch		Carole 14.30 - 15.00 induction				
EVENING	Scott 4.00 - 4.30 Induction	Jennifer 3.30 - 16.15 Zumba £2	Jennifer 4.00 - 5.00 Zumba £2	Jack T 4.15-5.00 Pure Circuit	Kayleigh 4.15 - 5.00 Pure Cycle	Jack T 5.00 - 5.30 Induction	Michael 5.00 - 5.30 Induction
	Kayleigh 4.15 - 5.00 Pure Circuit	Sean 4.30 - 5.00 Induction	Sean 4.30 - 5.00 Induction	Ben 5.15-6.00 Pure Cycle	Ben 5.00 - 5.30 Induction	Jack T 5.45 - 6.15 Pure Cycle	Michael 6.00 - 6.45 Pure Tabatta
	Josh 5.15 - 6.00 Pure Pump	Josh 5.15 - 6.00 Pure Tabatta	Kayleigh 5.15 - 6.00 Induction	Jack T 5.15-6.00 Pure Intensity	Kayleigh 5.45 - 6.30 Pure Legs Bums Tums	Jack T 6.20 - 6.40 Fast Abs	Michael 7.00 - 7.30 Intro to Freeweights
	Kayleigh 5.15 - 6.00 Pure Spin	Sean 5.30 - 6.00 Pure Cycle	Sean 5.30 - 6.00 Pure Beginners Cycle	Ben 6.15-7.00 Pure Pump	Ben 5.45 - 6.30 Pure Cycle	Jack T 7.00 - 7.30 Induction	Michael 8.00 - 8.30 Induction
	Josh 6.15 - 7.00 Pure Spin	Josh 6.15 -7.00 Pure Cycle	Kayleigh 6.00 - 6.30 Pure Legs Bums Tums	Jack T 6.30-7.00 Induction	Ben 6.45 - 7.30 Pure Pump		
	Kayleigh 6.15 - 7.00 Pure Legs Bums Tums	Sean 6.15 -7.00 Pure Intensity	Sean 6.40 - 7.15 Pure Power Step	Ben 7.15-7.45 Induction	Kayleigh 6.45 - 7.30 Pure Cycle		
	Kayleigh 7.15 - 7.45 Pure Kettlebells	Josh 7.15 - 8.00 Pure Pump	Kayleigh 6.45 - 7.15 Pure Cycle	Jack T 7.15-8.00 Pure Cycle	Kayleigh 7.45 - 8.30 Pure Kettlebells		
	Josh 7.15 - 7.45 Induction	Sean 7.30 - 8.00 Induction	Kayleigh 7.30 - 8.00 Induction	Ben 8.00-8.30 Pure Abs	Ben 7.45 - 8.15 Induction		
	Sean 8.00 - 8.30 Pure Intensity	Josh 8.00 - 8.30 Pure Circuit	Kayleigh 8.15 - 8.45 Intro to Freeweights				
Kayleigh 8.00-8.30 Induction							

NB: if you are unable to attend please cancel your class/induction online

Book your place on the members area

30 minute

Extended

Fast

Hybrid Blast

Intro/demo class

Chargeable

