



**PURE**  
**HEALTH CLUB**  
**LEAMINGTON SPA**

**CLASS TIMETABLE**  
**WINTER / SPRING 2016**

- FITNESS
   - DANCE FITNESS
   - FIGHT FITNESS
   - RELAX

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7:15 - 8:00	SPIN	BOXING	SPIN	KETTLE CIRCUITS	BOOTCAMP	INSANITY	
9:00 - 10:00					TONE & GROAN	SPIN	POWER CIRCUITS
10:00 - 11:00	TONE & GROAN	AQUAFIT	TONE & GROAN	AQUAFIT	AQUAFIT	PILATES	HYPE CYCLE
		PILATES		PILATES			
11:00 - 12:00			PILATES	EASY RIDER		THAI BOXING	STREET DANCE
12:00 - 13:00	WELLNESS	KETTLE CIRCUITS	WELLNESS	BOXING			
13:15 - 13:45	ABS BLAST		AEROBICS		SPIN		
14:00 - 15:30	HATHA YOGA				HATHA YOGA		
15:00 - 16:00						FUNCTION FITNESS	TAI CHI
17:15 - 18:00	80'S AEROBICS	BOXING	VIBE CYCLE	BOOTCAMP	90'S RAVE		
18:15 - 19:00	VIBE CYCLE	BOOTYLICIOUS	CAPOEIRA	MUSIC VIDEO	KETTLE CIRCUITS		
19:15 - 20:00	POWER CIRCUITS	PILATES	TWERK IT OUT	PILATES			