

AUGUST 2008



#6 7110-50th avenue
403.358.7873(PURE)

Hours of Operation

Mon, Tues, Wens & Thurs. 8:00- 9:00
Friday 8:00- 7:00
Saturday 8:00-4:00 !!NEW TIMES!!

Child Minding Hours

Mon. -Fri. 8:30- 2:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note changes in schedule for this month!</p>		<p>Free Workout Saturday's for the month!! (Excludes Kids)</p>		<p>1 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 CrossFit 11:30 CrossFit</p> <p>Closed @ 4pm</p>	<p>2 8:15 X-Bike 9:00 CrossFit 10:30 CrossFit 12:00 Beginner Bootcamp 2:00-4:00 MMA Open Mat</p>
<p>4 9:00 X-Bike /CrossFit 10:15 Bootcamp 11:15 CrossFit</p> <p>CLOSED @ 12:00 FOR HOLIDAY</p> <p>No Childminding</p>	<p>5 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 12:15 X-Bike 5: 30 CrossFit 6:30 X-Bike 6:30 MMA Begin 7:15 MMA Advanced</p>	<p>6 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 4:40 PURE Kids 7+ 5:30 X-Bike 6:15 CrossFit 6:30 MMA (B) 7:15 MMA (A)</p>	<p>7 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 5:15 Bootcamp 6:15 Kettlebell 6:30 MMA (B) 7:15 MMA (A)</p>	<p>8 8:00 X-Bike/CrossFit 9:00 Cardio Kickboxing 10:15 Beginner Kettles 11:30 Kettlebell 5:30 CrossFit</p>	<p>9 8:15 X-Bike 9:00 PURE Kids 7+ 10:15 Kettlebell 12:00 Beginner Bootcamp 2:00-4:00 MMA Open Mat</p>
<p>11 9:00 X-Bike /CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 5:30 Kettlebell 6:30 CrossFit 6:30 MMA Beginner 7:15 MMA Advanced</p>	<p>12 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 12:15 X-Bike 4: 30 Cardio Kickboxing 5: 30 CrossFit 6:30 X-Bike/CrossFit 6:30 MMA Begin 7:15 MMA Advanced</p>	<p>13 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 4:40 PURE Kids 7+ 5:30 X-Bike 6:15 CrossFit 6:30 MMA (B) 7:15 MMA (A)</p>	<p>14 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 12:15 X-Bike 5:15 Bootcamp 6:15 Kettlebell 6:30 MMA (B) 7:15 MMA (A)</p>	<p>15 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 Beginner Kettles 11:30 Kettlebell 12:30 CrossFit 5:30 CrossFit</p>	<p>16 9:00 X-Bike 10:00 CrossFit 12:00 Beginner Bootcamp 2:00-4:00 MMA Open Mat</p>
<p>18 9:00 X-Bike /CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 4:30 Cardio Kickboxing 5:30 Kettlebell 6:30 CrossFit 6:30 MMA Beginner 7:15 MMA Advanced</p>	<p>19 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 12:15 X-Bike 5: 15 CrossFit 6:15 X-Bike/CrossFit 6:30 MMA Begin 7:15 MMA Advanced</p>	<p>20 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 4:40PURE Kids 7+ 5:30 X-Bike 6:15 CrossFit 6:30 MMA (B) 7:15 MMA (A)</p>	<p>21 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 12:15 X-Bike 5:15 Bootcamp 6:15 Kettlebell 6:30 MMA (B) 7:15 MMA (A)</p>	<p>22 8:00 X-Bike/CrossFit 9:00 X-Bike/CrossFit 10:15 Beginner Kettles 11:30 Kettlebell 12:30 CrossFit 5:30 CrossFit</p>	<p>23 8:15 X-Bike 9:00 PURE Kids 7+ 10:00 X-Bike/CrossFit 12:00 Beginner Bootcamp 2:00-4:00 MMA Open Mat</p>
<p>25 9:00 X-Bike /CrossFit 10:15 Bootcamp 11:30 X-Bike 12:15 CrossFit 5:30 Kettlebell 6:30 CrossFit</p>	<p>26 9:00 X-Bike 10:00 Kettlebell 11:15 CrossFit 5: 15 CrossFit 6:30 X-Bike/CrossFit</p>	<p>27 9:00 X-Bike/CrossFit 10:15 Bootcamp 11:30 X-Bike 4:40 PURE Kids 7+ 5:30 X-Bike 6:15 CrossFit</p>	<p>28 9:00 Cardio Kickboxing 10:00 Kettlebell 11:30 X-Bike/ CrossFit 5:15 Bootcamp 6:15 Kettlebell</p>	<p>29 9:00 X-Bike/CrossFit 10:30 X-Bike/ CrossFit 11:30 X-Bike</p>	<p>30 9:00 CrossFit 10:00 CrossFit 12:00 Beginner Bootcamp 2:00-4:00 MMA Open Mat</p>