

DEC 2009



#6 7110-50th ave
403.358.7873(PURE)

Hours of Operation

Mon, Tue, Wed & Thur. 8:30am-1pm, 5:00-8pm
Friday 8:15-1pm
Saturday 8:15-1pm

Child Minding Hours

Mon-Fri 8:45-12pm www.purefitnessmma.com

must be prebooked

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***CHANGES IN CLASS TIMES!!</p> <p>NO YOUTH MMA FOR DECEMBER Will restart JAN!!</p> <p>NO 6:15 AM CLASSES FROM 22-31....</p>	<p>1</p> <p>6:15 CrossFit 9:00X-Bike 10:00Kettlebells 11:00CrossFit</p> <p>5:30CrossFit 6:45Bootcamp 5:30MMA Beg 6:30MMA Adv</p>	<p>2</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:45X-Bike/CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p>3</p> <p>6:15 X-Bike/CrossFit 9:00 Bootcamp 10:00 Kettlebell 11:00X-Bike/CrossFit</p> <p>5:30Bootcamp 6:45CrossFit 5:30 MMA Beg 6:30 MMA Adv</p>	<p>4</p> <p>9:00X-Bike/CrossFit 9:30X-Bike/CrossFit 10:45 Kettlebells 11:45CrossFit</p>	<p>5</p> <p>8:30X-Bike 9:30 CrossFit 10:45Bootcamp</p> <p>9:00-12:00 MMA Open Mat</p>
<p>7</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:30X-Bike 6:45 Bootcamp 6:30MMA Adv</p>	<p>8</p> <p>6:15 CrossFit 9:00X-Bike 10:00Kettlebells 11:00CrossFit</p> <p>5:15 Beginner Kettles 6:30CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p>9</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:45X-Bike/CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p>10</p> <p>6:15 X-Bike/CrossFit 9:00 Bootcamp 10:00Kettlebell 11:00 X-Bike/CrossFit</p> <p>5:15 Beginner Kettles 6:30Bootcamp 5:30 MMA Beg 6:30 MMA Adv</p>	<p>11</p> <p>9:00 X-Bike/CrossFit 9:30X-Bike/CrossFit 10:45 Kettlebells 11:45CrossFit</p>	<p>12</p> <p>8:30X-Bike 9:30 CrossFit 10:45Bootcamp</p> <p>9:00-12:00 MMA Open Mat</p>
<p>14</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:30X-Bike 6:45Bootcamp 6:30MMA Adv</p>	<p>15</p> <p>6:15 CrossFit 9:00X-Bike 10:00Kettlebells 11:00CrossFit</p> <p>5:15 Beginner Kettles 6:30CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p>16</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:45X-Bike/CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p>17</p> <p>6:15 X-Bike/CrossFit 9:00 Bootcamp 10:00Kettlebell 11:00 X-Bike/CrossFit</p> <p>5:15Beginner Kettles 6:45Bootcamp 5:30 MMA Beg 6:30 MMA Adv</p>	<p>18</p> <p>9:00 X-Bike/CrossFit 9:30X-Bike/CrossFit 10:45 Kettlebells 11:45CrossFit</p> <p>NO CHILDMINDING</p>	<p>19</p> <p>8:30X-Bike 9:30 CrossFit 10:45Bootcamp</p> <p>9:00-12:00 MMA Open Mat</p>
<p>21</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:30X-Bike 6:45Bootcamp 5:30 MMA Beg 6:30MMA Adv</p>	<p>22</p> <p>9:00X-Bike 10:00 Bootcamp 11:00CrossFit</p> <p>5:30CrossFit 6:45Bootcamp 5:30MMA Beg 6:30MMA Adv</p>	<p>23</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:45X-Bike/CrossFit 5:30MMA Beg 6:45MMA Adv</p>	<p>24</p> <p>9:00 Bike 10:00 Bootcamp 11:00CrossFit</p> <p>CLOSED AT NOON</p>	<p>25</p> <p>CLOSED</p> <p>MERRY X-MAS!!!</p>	<p>26</p> <p>CLOSED BOXING DAY!!</p>
<p>28</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:30X-Bike 6:45Bootcamp</p> <p>OPEN MAT 5:30-7:00</p>	<p>29</p> <p>9:00X-Bike 10:00 Bootcamp 11:00CrossFit</p> <p>5:30CrossFit 6:45Bootcamp</p> <p>OPEN MAT 5:30-7:00</p>	<p>30</p> <p>9:00X-Bike/CrossFit 9:30 X-Bike/CrossFit 10:45 Bootcamp 12:00CrossFit</p> <p>5:45X-Bike/CrossFit</p> <p>OPEN MAT 5:30-7:00</p>	<p>31</p> <p>9:00 Bike 10:00 Bootcamp 11:00CrossFit</p> <p>CLOSED AT NOON</p>	<p>1</p> <p>CLOSED UNTIL JAN 4</p> <p>HAPPY NEW YEAR!!</p>	<p>2</p> <p>CLOSED</p>