

# JULY 2010



#6 7110-50<sup>th</sup> ave  
403.358.7873(PURE)

[purefitnessmma.com](http://purefitnessmma.com)

## Hours of Operation

Mon Tues Wed Thurs 8am-1pm 5pm-8:30pm

Friday 8am-1pm

Saturday 8:45-12pm

## Child Minding

Mon Wed Fri 8am-11am Tues Thurs 8am-12pm

Tues eves 5:30pm-8pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>NEW!</u></b> <b>CrossFit Kids</b> 1<sup>st</sup>1/2hr 5-8yrs 2<sup>nd</sup> 1/2 9-12yrs Drop in \$6/class</p>	<p><b><u>NEW!</u></b> <b>6:15am Wed CrossFit 8am classes!</b> <b><u>Please remember to sign up/cancel for classes!</u></b></p>	<p><b><u>ALL</u> Kettlebell classes REQUIRE EXPERIENCE!</b> New to Kettlebells? Call 403 358-7873 To sign up for a fundamental class!</p>	<p><b>1</b> 6:15CrossFit 8:00 Crossfit 9:00KETTLES (ADV) 9:30 X-Bike 11:00CrossFit</p> <p>We will be closed @ 12pm</p> <p>Happy Birthday Canada!</p>	<p><b>2</b> 8:00CrossFit 9:00BOOTCAMP 9:30 X-Bike/CrossFit</p> <p>11:45CrossFit</p>	<p><b>3</b> 9:00X-BikeCrossFit 10:30 Bootcamp</p> <p>9:00-12:00 MMA Open Mat</p>
<p><b>5</b> 8:00 CrossFit 9:00BOOTCAMP 9:30 X-Bike/CrossFit</p> <p>12:00CrossFit</p> <p>5:30CrossFit 6:45Bootcamp 5:30 MMA Youth/Beg 6:30MMA Adv</p>	<p><b>6</b> 6:15 CrossFit 8:00 CrossFit 9:00 Bootcamp 10-11CrossFit Kids 10:00 Hills @ Rotary 11:00CrossFit 5:30 X-Bike/CrossFit 7:00Bootcamp 5:30MMA Beg 6:30MMA Adv</p>	<p><b>7</b> 6:15 CrossFit 8:45Bootcamp 9:30XBike/CrossFit</p> <p>12:00CrossFit(45min)</p> <p>5:30 Bootcamp 6:45 X-Bike/CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p><b>8</b> 6:15CrossFit 8:00 CrossFit 9:00Bootcamp 9:30 X-Bike 10-11 CrossFit Kids 11:00CrossFit 5:30CrossFit 6:30Bootcamp 5:30MMA Youth/Beg 6:30MMA Adv</p>	<p><b>9</b> 8:00CrossFit 9:00BOOTCAMP 9:30 X-Bike/CrossFit 10-11 CrossFit Kids 11:45CrossFit</p>	<p><b>10</b> 9:00 X-Bike/CrossFit 10:30 Bootcamp</p> <p>9:00-12:00 MMA Open Mat</p>
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<p><b>26</b> 8:00CrossFit 9:00BOOTCAMP 9:30 X-Bike/CrossFit 10-11CrossFit Kids 12:00CrossFit</p> <p>5:30 CrossFit 6:45Bootcamp 5:30 MMA Youth/Beg 6:30MMA Adv</p>	<p><b>27</b> 6:15 CrossFit 8:00Crossfit 9:00KETTLES (ADV) 10-11CrossFit Kids 10:00 Hills @ Rotary 11:00CrossFit</p> <p>5:30X-Bike/ CrossFit 7:00KETTLES 5:30MMA Beg 6:30MMA Adv</p>	<p><b>28</b> 6:15CrossFit 8:45 KETTLES (ADV) 9:30 X-Bike/Strength 12:00CrossFit (45min)</p> <p>5:30 Bootcamp 6:45 X-Bike/CrossFit 5:30MMA Beg 6:30MMA Adv</p>	<p><b>29</b> 6:15CrossFit 8:00CrossFit 9:00KETTLES (ADV) 9:30 X-Bike 11:00CrossFit</p> <p>5:30KETTLES 6:30Bootcamp 5:30MMA Youth/ Beg 6:30MMA Adv</p>	<p><b>30</b> 8:00CrossFit 9:00BOOTCAMP 9:30 X-Bike/CrossFit 10-11CrossFit Kids 11:45CrossFit</p>	<p><b>31</b> <b>CLOSED FOR THE LONG WEEKEND!!</b></p>