

|       | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday           |
|-------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 08:15 | Pure Strength      | Pure Power Workout | Pure Strength      | Power HIIT         | Pure Power Workout | Power Circuit      |
| 08:45 | Pure Power Workout | Pure Strength      | Power HIIT         | Pure Strength      | Power Boxing       | Pure Strength      |
| 09:15 | Power Circuit      | Power HIIT         | Pure Power Workout | Power Circuit      | Pure Power Workout | Pure Power Workout |
| 09:45 | Pure Strength      | Pure Power Workout | Power Circuit      | Pure Core          | Pure Strength      | Pure Core          |
| 10:15 | Pure Core          | Pure Recovery      | Pure Power Workout | Pure Strength      | Power HIIT         | Power Blast 45     |
| 10:45 | Power Boxing       | Pure Core          | Pure Recovery      | Pure Power Workout | Pure Strength      |                    |
| 11:15 | Power HIIT         | Power Circuit      | Pure Core          |                    | Pure Core          | Power Blast 45     |
| 11:45 | Pure Power Workout | Power Blast 25     | Power Boxing       |                    | Pure Power Workout |                    |
| 12:15 | Pure Strength      | Pure Power Workout | Pure Strength      | Power HIIT         | Pure Strength      |                    |
| 12:45 | Power Blast 25     | Power HIIT         | Power Blast 25     | Pure Strength      | Power Blast 25     |                    |
|       |                    |                    |                    |                    |                    |                    |
| 17:15 |                    | Pure Power Workout |                    |                    |                    |                    |
| 17:45 | Power HIIT         | Pure Strength      | Power HIIT         | Power Circuit      |                    |                    |
| 18:15 | Pure Strength      | Power Circuit      | Power Blast 25     | Power HIIT         |                    |                    |
| 18:45 | Pure Core          | Pure Power Workout | Power Boxing       | Pure Core          |                    |                    |
| 19:15 | Pure Power Workout |                    | Pure Strength      | Pure Power Workout |                    |                    |
| 19:45 | Pure Strength      |                    | Pure Power Workout | Pure Recovery      |                    |                    |

Please note: Some sessions may occasionally be unavailable due to 1:1 Private Sessions.