

April Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yin Yoga 10:15-11:15am Therese	Pure Cycle 5:30-6:30am Stacey	Vinyasa Flow 5:30-6:30am Stefanie	Pure Cycle 5:30-6:30am Stacey	Vinyasa Flow 5:30-6:30am Stefanie	Pure Cycle 5:30-6:30am Stacey	Gentle Yoga 7:30-8:15am Stefanie

***4/26 No Class**

Pound	Pilates Express	Core Circuit	Pound	Bi's & Tri's	Power Punch
8:15-9:00am Linda	8:30-9:00am Ashley E	8:30-9:00am Jess J	8:30-9:15am Linda	8:00-8:30am Jess	7:45-8:45am J.R

***4/1 No Class**

***4/6 ONLY**



28632 DuPont Blvd
Millsboro DE 19966
(302) 933-0722

Pure Cycle	Brazilian Flair	Hatha Yoga	Pilates	Pure HIIT Cycle	Vinyasa Flow
9:00-9:45am Cindy	8:30-9:15am Aline	8:30-9:30am Dasha <small>NEW</small>	8:45-9:15am Ashley	9:00-9:30am Charlene	9:00-10:00am Stefanie

***4/3 Ashley**

Senior Boot Camp	Gentle Yoga	Pure Cycle	Balance	BodyPump	Zumba
9:15-10:00am Ashley E	9:10-9:55am Ashley E	9:00-10:00am Cindy	9:30-10:00am Ashley E	9:35-10:30am Charlene	9:00-10:00am Carla



Like us on Facebook
Pure Fitness
Millsboro

Pilates	Glute Camp	Step	Booty Barre	Gentle Yoga	Body Balance
10:00-11:00am Ashley E	9:30-10:00am Jess J	9:00-10:00am Jess J	10:15-11:00am Ashley E	9:15-10:15am Ashley E	10:15-11:15am Audrey

***4/30 Elena**

Booty Barre	BodyBalance	Senior Boot Camp	Body Balance	Vinyasa Flow	Recovery
5:00-5:45pm Ashley E	10:15-11:15am Camm	10:00-11:00am Jess J	10:15-11:15am Linda	10:30-11:30am Ashley E	10:30-11:15am Marisa

***4/2 Trish**

Pure Cycle	Recovery	Yin Yoga	Body Pump	La Blast
5:30-6:30pm Tessa	11:30-12:15pm Marisa	10:00-11:00am Dasha	5:30-6:30pm Trish	11:00-12:00pm Charlotte

***4/3 Ashley**

Pilates	BodyPump	Zumba	Pure Cycle	Body Pump
6:00-7:00pm Ashley E	5:30-6:25pm Trish	5:30-6:30pm Carla	5:30-6:30pm Beth	5:30-6:30pm Trish

Level Up	BodyBalance	Strong	BodyBalance
7:15-8:15pm Tarron	6:30-7:15pm Trish	6:30-7:30pm Carla	6:30-7:15pm Trish

Hip Hop

7:00-8:00pm
Carla



Follow us on
Instagram
purefamilyfit

