



PUREBRED FITNESS

**TRAIN WITH PURPOSE.
LIVE WITH CONFIDENCE.
BELONG AT PUREBRED.**

PUREBRED FITNESS - OUR STORY



AT PUREBRED FITNESS, WE DELIVER CONFIDENCE THROUGH FITNESS – AN ENVIRONMENT WHERE PEOPLE CAN LEAVE LIFE'S PRESSURES AT THE DOOR AND INVEST IN THEMSELVES, SUPPORTED BY A COMMUNITY THAT GENUINELY CARES.

OUR PROGRAMMING IS SCIENCE-BACKED, PROGRESSIVE, AND PERSONAL, BUILT TO MEET EACH INDIVIDUAL WHERE THEY ARE AND GUIDE THEM TOWARDS THEIR NEXT LEVEL EVERY SESSION IS INTENTIONALLY DESIGNED TO IMPROVE STRENGTH, PERFORMANCE, AND LONG-TERM CONFIDENCE.

WE COMBINE ELITE COACHING, EVIDENCE-BASED SYSTEMS, AND A FAMILY-DRIVEN CULTURE TO HELP OUR MEMBERS TRAIN WITH PURPOSE AND ACHIEVE SUSTAINABLE RESULTS.

PUREBRED CLASSES & PROGRAMS



OUR TRAINING BLOCKS ARE STRUCTURED AND PROGRESSIVE, ENSURING CONSISTENCY, CHALLENGE, AND RESULTS. CHOOSE FROM:

NAME	CLASS DESCRIPTION
STONGER	Purposeful strength training built around the core lifts. Develop real power, confidence, and full-body strength through intentional, progressive & structured hypertrophy work.
HUSTLE	Strength and conditioning with intent. Smart lifting paired with conditioning that builds athletic capacity, work rate, and performance.
BOOTY	Glute-focused lower-body training designed to lift, strengthen, and shape. Targeted, aesthetic-driven programming with real return.
ENGINE	Performance conditioning. Aerobic and anaerobic work blended to improve stamina, output, and complete athletic capability.
RFR	Fast, competitive, team-based training. Rotating rounds that hit strength, conditioning, and teamwork in a high-energy format.
MUMS & BUBS	Supportive, safe training for expectant, new, and current mums. Strength, stability, and confidence in an inclusive environment whilst the bubs are looked after.
SUPER SATURDAY	A big community session to cap the week. High energy, high variety, full-gym involvement — the Purebred way to start your weekend.
PILATES	Low-impact, intentional movement to build mobility, posture, and deep core strength. Ideal for recovery, balance, and long-term movement quality.

COACHING & CULTURE



Our coaching team sets the benchmark in professionalism, education, and care. We lead from the front, prioritising movement quality, intent, and progress, while fostering energy, accountability, and a culture that feels like family.

WHAT TO EXPECT

- A welcoming, high-energy environment from day one.
- Professional coaching that meets you where you are.
- Structured sessions designed for results.
- A community that motivates you to become your best self.
- Access to train anytime during open hours — whether attending classes or working independently.



PUREBRED CLASS SCHEDULE & GYM ACCESS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM		ENGINE	ENGINE	RFR			
4:30AM	STRONGER	STRONGER	STRONGER				
5AM	STRONGER HUSTLE	STRONGER HUSTLE	STRONGER ENGINE	RFR	ENGINE	ENGINE	
5:30AM						ZUU	
6AM	STRONGER HUSTLE	STRONGER HUSTLE	STRONGER ENGINE	ENGINE	BOOTY	RFR	
7AM	STRONGER HUSTLE	STRONGER ENGINE	STRONGER ENGINE	ENGINE	ENGINE	POWER PILATES	STRETCH & RELEASE
8AM	HUSTLE	HUSTLE			BOOTY	SUPER SATURDAY	
915AM	M&B HUSTLE	M&B HUSTLE	M&B ENGINE	M&B STRENGTH	M&B BOOTY		
345PM		PB YOUTH		PB YOUTH			
4:30PM	STRONGER ENGINE	STRONGER ENGINE	STRONGER ENGINE	ENGINE	ENGINE		
5:30PM	STRONGER HUSTLE	STRONGER HUSTLE	STRONGER ENGINE	ENGINE			
6:30PM	HUSTLE	HUSTLE	POWER PILATES	ZUU			
OPEN GYM	3AM - 10PM	3AM - 10PM	3AM - 10PM	3AM - 10PM	3AM - 10PM	430AM - 5PM	6AM - 5PM

GYM FACILITIES & ACCESSIBILITY



- Two levels and 800 square metres of exclusive gym floor
- Monday to Friday gym creche services
- Gym accessible throughout all open hours
- Member access to gym and programming outside of class hours
- Male and female bathrooms with shower facilities
- High-performance cardio and strength equipment
- Kitchen facilities
- Water stations
- Sparta Recovery & Sparta Physiotherapy (in-house massage therapist and physiotherapist)
- Spacious onsite and street parking





READY TO CONTINUE YOUR JOURNEY?

**CHOOSE YOUR NEXT STEP AND KEEP
YOUR MOMENTUM GOING:**

5-CLASS PASS

EXPERIENCE MORE OF PUREBRED
AND BUILD CONFIDENCE.



MEMBERSHIP OPTIONS

JOIN THE PUREBRED COMMUNITY
FULL-TIME WITH ONE OF OUR
MEMBERSHIP OPTIONS



CLASSPACKS

FLEXIBLE OPTIONS FOR CASUAL
TRAINING

