



660



Red Light

(600-660nm) Activates our cell mitochondria (energy reservoir), promotes cellular energy production, and some studies suggest it may help collagen proliferation.

660 is a comprehensive programme that seamlessly blends functional

Fitness

Yoga

Mobility

Pilates

Strength Training

within an environment of red light, far infrared (FIR) and near infrared (NIR).

◆ Red Light

Improves skin health, boosts collagen, reduces wrinkles

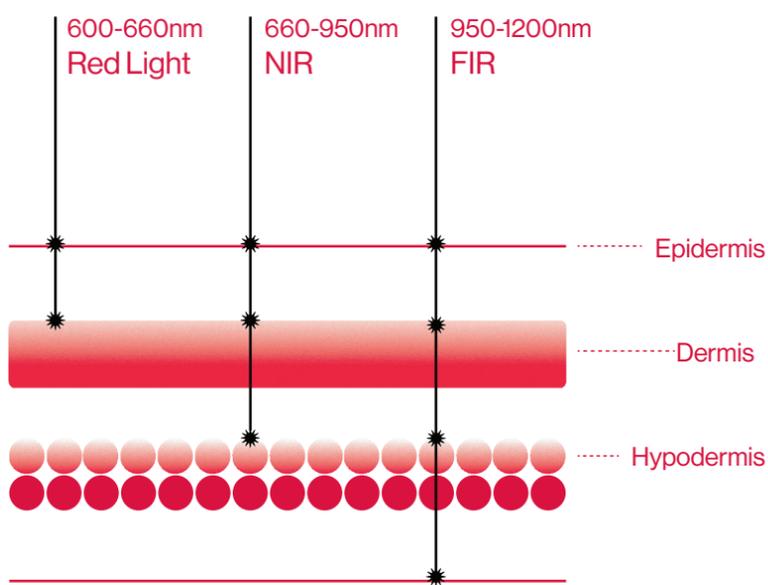
◆ Near Infrared (NIR)

Energises skin, enhances sleep, supports muscle recovery

◆ Far Infrared Light (FIR)

Penetrates and warms the body directly, reduces inflammation, aids muscle relaxation, relieves chronic pain

3 Wavelengths



660 Classes

- IsoStrength*** Core strengthening with weights
- IsoTone**** Toning & strengthening with resistance
- GLOW**** Full-body balanced workout
- MOOV*** Joint mobility & stability through functional movement conditioning
- BLISS*** Flow & stretch for body & mind harmony

* Starting 5 Jan 2026

** Coming Soon

Get on a new WAVELENGTH

Join us on this transformative journey of 660, a Hong Kong-first movement experience where heat, power and biological evolution converge.

Get on a new wavelength -- 660 will be yours to discover and reserve in 2026! Stay tuned for more excitement as part of the PURE K11 MUSEA 5th anniversary celebrations!

PUREPRO

www.pure-360.com.hk

