



1423 S Hastings Way
Eau Claire, WI

November 2020

Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PiYo Flow 8am	2 PiYo 9am Kettles 5:30pm	3 Yoga HIIT 5:45am Yoga Fusion 9am Total Body Barre 5:30pm	4 PiYo 9am Step 5:30pm	5 B5 9am In Studio Only Pound 5:30pm	6 Kettles 5:45am	7
8 Pilates Flow 8am	9 PiYo 9am Kettles 5:30pm	10 Bands 5:45am Mobility Flow 9am Iron Flow 5:30pm	11 PiYo 9am B5 5:30pm	12 March Punch Kick 9am In Studio Only Pound 5:30pm	13 Strength 4 You 5:45am	14 PiYo 8am
15 Mobility Flow 8am	16 PiYo 9am Kettles 5:30pm	17 Booty Blast 5:45am Iron Flow 9am Total Body Barre 5:30pm	18 PiYo 9am Step 5:30pm	19 B5 9am March Punch Kick 5:30pm	20 Iron Flow 5:45am	21 PiYo 8am
22 Yoga Fusion 8am	23 PiYo 9am Kettles 5:30pm	24 HIIT 5:45am Mobility Flow 9am Iron Flow 5:30pm	25 PiYo 9am B5 5:30pm	26 Thanksgiving	27 Check out Facebook Events	28 PiYo 8am
29 PiYo Flow 8am	30 PiYo 9am Kettles 5:30pm				*** Shoes are needed for B5, Step and March Punch Kick	

