



1423 S Hastings Way
Eau Claire, WI
Purefitness4you.com

November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Yoga Beyond 8:45am -55 Kettles 5:30pm - 30	2 Sculpt 5:45am -30 Iron Flow 8:45am -45 HipHop Dance 6:15pm -45	3 Step 5:45am -30 Yoga Beyond 8:45am -55 Barre Beyond 5:30pm-30	4 FIT Reboot 8:45am – 30 FIT Reboot 6pm -30	5 Kettles 5:45am -30 StretchyFlow 8:45am -45	6 PiYo 8am -45
7	8 Yoga Beyond 8:45am -55 Kettles 5:30pm-30	9 Band Bustle 5:45am -30 Barre Yoga 8:45am -45	10 Defined Abs 5:45am -30 Yoga Beyond 8:45am -55 Barre Beyond 5:30pm-30	11 Strength 4 U 8:45am -30 FIT Reboot 6pm - 30	12 Iron Flow 5:45am -30 Stretchy Flow 8:45am-45	13 PiYo 8am -45
14 POUND 8AM -45	15 Yoga Beyond 8:45am -55 Kettles 5:30pm -30	16 FIT Reboot 5:45am - 30 Iron Flow 8:45am - 45	17 Step 5:45am - 30 Yoga Beyond 8:45am -55 Barre Beyond 5:30pm-30	18 Fit Reboot 8:45am-30 FIT Reboot 6pm- 30	19 Booty Blast 5:45am – 30 Stretchy Flow 8:45am-45	20
21 POUND 8am -45	22 Yoga Beyond 8:45am -55 Kettles 5:30pm -30 Hip Hop Dance 6:15pm	23 Sculpt 5:45am -30 Barre Yoga 8:45am -45	24 Iron Flow 5:45am - 30 Yoga Beyond 8:45am -55 Barre Beyond 5:30pm-30	25 TURKEY BURN	26	27 PiYo 8am -45
28 POUND “Turn Up the Merry” 8am - 45	29 Yoga Beyond 8:45am -55 Kettles 5:30pm -30 Hip Hop Dance6:15pm	30 FIT Reboot 5:45am -30 Iron Flow 8:45am				

