



1423 South Hastings Way  
 Eau Claire, WI  
 Purefitness4you.com

# November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Step Up 5:45am	2 PiYo 8am
3 Flow 8am POUND 9am <b>Kids Tumbling 3pm</b>	4 PiYo 9am Kettles 5:30pm Step Up Combos 6:15pm	5 Iron Flow 5:45am Strength 4 You 9am Kids Step 4pm Kickboxing 5:25pm	6 PiYo 9am Step Up Combos 10am Barre/Abs 5:25pm PiYo 6:15pm	7 WERQ 6:30pm	8 Bandit 5:45am	9 PiYo 8am
10 Flow 8am POUND 9am <b>Kids Tumbling 3pm</b>	11 PiYo 9am Kettles 5:30pm Step Up Combos 6:15pm	12 HIIT 5:45am Dynamic Flow 9am Kids Step 4pm Iron Flow 5:25pm	13 PiYo 9am Step Up Combos 10am Total Body Barre 5:25pm PiYo 6:15pm	14 Strength 4 YOU 9am Dynamic Flow 5:30pm WERQ 6:30pm	15 Step Up 5:45am	16 PiYo 8am
17 Flow 8am POUND 9am <b>Kids Tumbling 3pm</b>	18 PiYo 9am Kettles 5:30pm Step Up Combos 6:15pm	19 Kettles 5:45am Strength 4 You 9am Kids Step 4pm Sculpt 5:25pm	20 PiYo 9am Step Up Combos 10am Baroga 5:25pm PiYo 6:15pm	21 Strength 4 You 9am Dynamic Flow 5:30pm	22 Strength 4 You 5:45am	23 PiYo 8am
24 Flow 8am Pound 9am <b>Kids Tumbling 3pm</b>	25 PiYo 9am Kettles 5:30pm Step Up Combos 6:15pm	26 BandIT 5:45am Dynamic Flow 9am Strength 4 You 5:25pm	27 PiYo 9am Step Up Combos 10am  <b>Look for Restoration &amp; Flow Class!!!!</b>	28 <b>TURKEY BURN</b> 7:45am Pound, 8:20am Kettles, 8:55am PiYo, 9:30am Defined Abs	29 <b>Black Friday Workouts &amp; Specials</b> <b>Check FB Soon!!</b>	30 PiYo 8am

