



July 2018

1423 South Hastings Way
 Eau Claire, WI
 Purefitness4you.com
EAU CLAIRE LOCATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Flow 8am POUND 9am	2 PiYo 9am Defined Abs 5:30pm	3 Defined Abs 5:45am PiYo Express 12:30pm PiYo 4:30pm	4 BarOga on the Bridge 6am	5	6 Band Bustle 5:45am	7 PiYo -8am
8 Flow 8am POUND 9AM	9 PiYo in the Park 6am PiYo 9am Defined Abs 5:30pm	10 Iron Flow 5:45am PiYo Express 12:30pm PiYo 4:30pm Band Bustle 5:25pm Kids Tumbling 6:15pm	11 PiYo 9am BootyBarre 5:30pm PiYo 6:15pm	12 Kids Tumbling 10:15am, 5:15pm, 6:15pm	13 Abs 5:30am, Barre on the Bridge 6am - Both@ Boyd Park Total Body Barre 9am	14 PiYo- 8am
15 Flow 8am POUND 9am	16 BarOga on the Bridge 6am @ Boyd Park PiYo 9am Defined Abs 5:30pm	17 Kettles 5:45am PiYo Express – 12:30 Pound n Pour 6pm @ Lazy Monk Kids Tumbling 6:15pm	18 PiYo 9am BarreExpress 5:30pm PiYo 6:15pm	19 Kids Tumbling 10:15am, 5:15pm, 6:15pm	20 5:45am Defined Abs Total Body Barre 9am	21 PiYo – 8am
22 Flow 8am POUND 9am	23 PiYo 9am Defined Abs 5:30pm	24 Sculpt 5:45am Band Bustle 5:25pm Kids Tumbling 6:15pm	25 PiYo – 9am Booty Barre 5:30pm PiYo 6:15pm	26 Kids Tumbling 10:15am, 5:15pm, 6:15pm	27 Abs 5:30am, Barre on the Bridge 6am Both @Boyd Park Total Body Barre 9am	28 PiYo 8am
29 Flow 8am Pound 9am	30 PiYo 9am Defined Abs 5:30pm	31 PiYo Express 12:30pm PiYo 4:30pm Band Bustle 5:25pm Kids Tumbling 6:15pm	\$50 July Special – Unlimited IN STUDIO Classes	BOLD CLASSES = SPECIAL EVENTS/ Outdoor Classes	Barre on the Bridge – Meet under Pavilion at Boyd Park on Main Street	Park Location – Boyd Park on Main St meet on basketball court.

