



November 2017

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Early Risers 5:45am PiYo 9am <u>NO BARRE EXPRESS</u> PiYo 6:15pm	2 Early Risers 5:45am PiYo Express 12:30pm Pound 5:30pm WERQ 6:30pm	3 Early Risers 5:45am Piloxing 5:30pm	4 PiYo -8am PiYo Beginners 9am
5 PiYo Flow 8am POUND 10AM	6 PiYo 9am Kettlebells 3pm Beginners PiYo 5:25pm PiYo 6:15pm	7 PiYo Express 12:30pm PiYo 4:30pm P.I.L.T 5:30pm	8 Bands 5:45am PiYo 9am Barre Express -5:30pm PiYo 6:15pm	9 PiYo Express – 12:30pm POUND – 5:30PM WERQ - 6:30pm	10 Iron Flow 5:45am Piloxing 5:30pm	11 PiYo- 8am PiYo Beginners 9am
12 PiYo Flow 8am POUND 10am POUND 4:30PM	13 PiYo – 9am Kettlebells 3pm Beginners PiYo 5:25pm PiYo 6:15pm	14 Sculpt 5:45am PiYo Express – 12:30 PiYo 4:30pm P.I.L.T – 5:30pm	15 PiYo 9am Barre Express 5:30pm PiYo 6:15pm	16 Bands 5:45am PiYo Express- 12:30pm POUND – 5:30pm <u>NO WERQ</u>	17 Circuits 5:45am Piloxing 5:30pm	18 PiYo – 8am PiYo Beginners 9am
19 PiYo Flow 8am POUND 10am	20 Iron Flow 5:45am PiYo – 9am Kettlebells 3pm Beginners PiYo 5:25pm PiYo 6:15pm	21 PiYo Express – 12:30 PiYo 4:30pm P.I.L.T – 5:30pm	22 Sculpt 5:45am PiYo – 9am Barre Express 5:30pm PiYo 6:15pm	23 Turkey Burn 8am	24 Black Friday Specials – Look for event posting	25 PiYo 8am PiYo Beginners 9am
26 PiYo Flow 8am POUND 10am POUND 4:30PM	27 PiYo – 9am Kettlebells 3pm Beginners PiYo 5:25pm PiYo 6:15pm	28 Kettles 5:45am PiYo Express 12:30pm PiYo 4:30pm P.I.L.T – 5:30pm	29 PiYo – 9am Barre Express 5:30pm PiYo 6:15pm	30 Bands 5:45am PiYo Express 12:30pm Pound 5:30pm WERQ 6:30pm		

