



July 2020

1423 S Hastings Way
Eau Claire, WI
Instudio & Virtual
Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>All classes are offered in studio and live streaming unless marked <u>virtual/in studio only</u>.</p>			<p>1 PiYo 9am Cardio Flow 5:30pm</p>	<p>2 Virtual March Punch Kick 9am Stretchy Flow 5:30pm In Studio Strength 4 You 9am POUND 5:30pm</p>	<p>3 Booty Blast 5:45am</p>	<p>4 <u>Virtual PiYo 8am</u> Happy 4th!</p>	
	<p>5 <u>Virtual Stretchy Flow 8am</u></p>	<p>6 PiYo 9am Kettles 5:30pm</p>	<p>7 Yoga + HIIT 5:45am PiYo 9am Iron Flow + Abs 5:30pm</p>	<p>8 PiYo 9am Barre HIIT 5:30pm</p>	<p>9 Virtual March Punch Kick 9am Stretchy Flow 5:30pm In Studio Strength 4 You 9am POUND 5:30pm</p>	<p>10 HIIT 5:45am</p>	<p>11 PiYo 8am</p>
	<p>12 Stretchy Flow 8am</p>	<p>13 PiYo 9am Kettles 5:30pm</p>	<p>14 March/Punch 5:45am Total Body Barre 9am Iron Flow + Abs 5:30pm</p>	<p>15 PiYo 9am Booty Blast 5:30pm</p>	<p>16 Virtual March Punch Kick 9am Stretchy Flow 5:30pm In Studio Strength 4 You 9am POUND 5:30pm</p>	<p>17 Barre HIIT 5:45am</p>	<p>18 PiYo 8am</p>
	<p>19 Stretchy Flow 8am</p>	<p>20 PiYo 9am Kettles 5:30pm</p>	<p>21 Kettles 5:45am Yoga Fusion 9am Iron Flow + Abs 5:30pm</p>	<p>22 PiYo 9am Yoga HIIT 5:30pm</p>	<p>23 Virtual March Punch Kick 9am Stretchy Flow 5:30pm In Studio Strength 4 You 9am POUND 5:30pm</p>	<p>24 Sculpt 5:45am</p>	<p>25 PiYo 8am</p>
	<p>26 Stretchy Flow 8am</p>	<p>27 PiYo 9am Kettles 5:30pm</p>	<p>28 Defined Abs 5:45am BarOga 9am Iron Flow + Abs 5:30pm</p>	<p>29 PiYo 9am PiYo 5:30pm</p>	<p>30 Virtual March Punch Kick 9am Stretchy Flow 5:30pm In Studio Strength 4 You 9am POUND 5:30pm</p>	<p>31 Iron Flow 5:45am</p>	

