



May 2022

1423 S Hastings Way
Eau Claire, WI
Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 POUND 8am-45 Stretchy Flow 6:15pm-45	2 PiYo 8:45am-45 Kettles 5:30pm-30	3 HIIT 5:45am-30 Iron Flow 8:45am-45 Pound 5:40pm-45	4 Step 5:45am -30 Kettlebell 8:45am Hip Hop Booty Blast 5:30pm	5 Fit Reboot 8:45am-30 Fit Reboot 6pm-30	6 Circuits 5:45am -30 StretchyFlow 8:45am -45	7 Yoga HIIT 8am-45
8 Happy Mothers Day	9 PiYo 8:45am -45 Kettles 5:30pm-30	10 Kettles 5:45am-30 Iron Flow 8:45am -45 Pound 5:40pm -45	11 Barre 5:45am -30 Sculpt 8:45am -45 Hip Hop Barreless 5:30pm	12 Strength 4 U 8:45am -30 FIT Reboot 6pm - 30	13 Iron Flow 5:45am -30 Stretchy Flow 8:45am-45	14 PiYo 8am -45
15 Pound 8am -45 Stretchy Flow 6:15pm -45	16 PiYo 8:45am -45 Kettles 5:30pm -30	17 Fit Reboot 5:45am-30 Barre 8:45am – 45 Pound 5:40pm -45	18 Step 5:45am- 30 Kettlebell 8:45am -45 Hip Hop Step 5:30pm	19 Fit Reboot 8:45am-30 Fit Reboot 6pm -30	20 Band Bustle 5:45am – 30 Stretchy Flow 8:45am-45	21 Sculpt 8am -45
22 POUND 8am-45 Stretchy Flow 6:15pm-45	23 PiYo 8:45am-45 Kettles 5:30pm -30	24 Strength 4 U 5:45am-30 Iron Flow 8:45am -45 Pound 5:40pm -45	25 Defined Abs 5:45am – 30 Sculpt 8:45am -45 Hip Hop Barre 5:30pm	26 Strength 4 U 8:45am -30 FIT Reboot 6pm- 30	27 Sculpt 5:45am- 30 Stretchy Flow 8:45am 45	28 Yoga Power w/weights 8am -45
29	30 Memorial Day	31 Iron Flow 5:45am -30 Barre 8:45am- 45 Pound 5:40pm -45				

