



September 2022

1423 S Hastings Way
Eau Claire, WI
Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interested in Small Group or 1:1 sessions, we offer those too – email us for information!				1 Fit Reboot 8:45am -45 Circuits 5:45pm	2 Circuits 5:45am -30 StretchyFlow 8:45am -45	3 PiYo 8am-45
4	5 Labor Day	6 Fit Reboot 5:45am Iron Flow 8:45am -45 Iron Flow 5pm -30 Pound 5:35pm -30	7 Barre 5:45am -30 Kettlebell 8:45am -45 PiYo 5:15pm-45	8 Step Strength 8:45am -45 Circuits 5:45pm	9 Kettles 5:45am -30 Stretchy Flow 8:45am-45	10 PiYo 8am -45
11 Sculpt 8am-45	12 PiYo 8:45am -45 Fit Reboot 5:45pm	13 HIIT 5:45am-30 Iron Flow 8:45am – 45 Iron Flow 5pm -30 Pound 5:35pm -30	14 Step 5:45am- 30 Sculpt 8:45am -45 PiYo 5:15pm-45	15 Strength 4 You 8:45am-45 Circuits 5:45pm	16 Circuits 5:45am – 30 Stretchy Flow 8:45am-45	17 PiYo 8am -45
18 Mat Pilates 8am-45	19 PiYo 8:45am-45 FIT Reboot 5:45pm	20 Strength 4 U 5:45am-30 Iron Flow 8:45am -45 Iron Flow 5pm -30 Pound 5:35pm -30	21 Iron Flow 5:45am – 30 Kettlebell 8:45am -45 PiYo 5:15pm-45	22 Step Strength 8:45am -45 Circuits 5:45pm	23 Sculpt 5:45am- 30 Stretchy Flow 8:45am 45	24 PiYo 8am -45
25 Yoga Power w/weights 8am-45	26 PiYo 8:45am -45 FIT Reboot 5:45pm	27 Kettles 5:45am -30 Iron Flow 8:45am- 45 Iron Flow 5pm -30 Pound 5:35pm -30	28 Booty Blast 5:45am Sculpt 8:45am PiYo5:15pm-45	29 Hoops & Circuits 8:45am -45 Circuits 5:45pm	30 Circuits 5:45am -30 Stretchy Flow 8:45am-45	

