



May 2020

Virtual STREAMING
 May 1-26th
 Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>All Virtual Streaming Classes Until COVID-19 Ordinance is Lifted</p>				<p>1 Booty Blast 5:45am</p>	<p>2 PiYo 8am</p>
<p>3 Stretchy Flow 8am **Stretchy Flow 6pm</p>	<p>4 PiYo 9am Kettles 5:30pm</p>	<p>5 Yoga + HIIT 5:45am Yoga Fusion 9am Iron Flow + Abs 5:30pm</p>	<p>6 PiYo 9am Defined Abs 4:30pm **PiYo 5:30pm</p>	<p>7 March Punch Kick 9am Stretchy Flow 4:30pm</p>	<p>8 Kettles 5:45am</p>	<p>9 PiYo 8am</p>
<p>10 Stretchy Flow 8am **Stretchy Flow 6pm</p>	<p>11 PiYo 9am Kettles 5:30pm</p>	<p>12 March/Punch/Kick 5:45am Barre HIIT 9am Iron Flow + Abs 5:30pm</p>	<p>13 PiYo 9am Booty Blast 4:30pm **PiYo 5:30pm</p>	<p>14 March Punch Kick 9am Stretchy Flow 4:30pm</p>	<p>15 Barre HIIT 5:45am</p>	<p>16 PiYo 8am</p>
<p>17 Stretchy Flow 8am **Stretchy Flow 6pm</p>	<p>18 PiYo 9am Kettles 5:30pm</p>	<p>19 Defined Abs 5:45am Yoga Fusion 9am Iron Flow + Abs 5:30pm</p>	<p>20 PiYo 9am Abs Buns Galore 4:30pm **PiYo 5:30pm</p>	<p>21 March Punch Kick 9am Stretchy Flow 4:30pm</p>	<p>22 Booty Blast 5:45am</p>	<p>23 PiYo 8am</p>
<p>24 Stretchy Flow 8am</p> <p>31 Stretchy Flow 8am</p>	<p>25 Memorial Day</p>	<p>26 HIIT 5:45am Yoga + HIIT 9am Iron Flow + Abs 5:30pm</p> <p>(May 26 – 31st may be</p>	<p>27 PiYo 9am Strength 4 You 4:30pm</p> <p>Revised after we hear</p>	<p>28 March Punch Kick 9am Stretchy Flow 4:30pm</p> <p>more about when we</p>	<p>29 Strength 4 You 5:45am</p> <p>can open our studio</p>	<p>30 PiYo 8am</p> <p>doors. Thank You!)</p>

