



1423 South Hastings Way
 Eau Claire, WI
 Purefitness4you.com

July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PiYo 9am Kettles 5:30pm	2 Strength 5:45am Barre Express 12:30pm Strength 4 You 4:30pm Iron Flow 5:25pm Cheer Tumbling 6:30p	3 PiYo 9am	4 PiYo the 4th gam @ Eastbay in Holcombe	5	6 PiYo 8am
7 Flow 8am POUND 9am	8 PiYo 9am Kettles 5:30pm	9 HIIT 5:45am PiYo Express 12:30pm Strength 4 You 4:30pm Band Bustle 5:25pm Cheer Tumbling 6:30pm	10 PiYo 9am Barre HIIT 5:30pm	11 Strength 4 You 10:30am Pound 5:30pm	12 Band Bustle 5:45am	13 PiYo 8am
14 Flow 8am POUND 9am	15 PiYo 9am Kettles 5:30pm	16 Iron Flow 5:45am Kettles – 12:30pm Strength 4 You 4:30pm Sculpt 5:25pm Cheer Tumbling 6:30pm	17 PiYo 9am Botty Barre 5:30pm	18 Strength 4 YOU 10:30am WERQ 6:30pm	19 Strength 4 You 5:45am	20 PiYo 8am
21 Flow 8am POUND 9am	22 PiYo 9am Kettles 5:30pm	23 Sculpt 5:45am PiYo Express 12:30pm Strength 4 You 4:30pm Band Bustle 5:25pm	24 PiYo 9am Total Body Barre 5:30pm	25 Strength 4 You 10:30am Mat Pilates 5:30pm	26 Kettles 5:45am	27 PiYo 8am
28 Flow 8am POUND 9am	29 PiYo 9am Kettles 5:30pm	30 Barre 5:45am Kettles 12:30pm Strength 4 You 4:30pm Iron Flow 5:25pm Cheer Tumbling 6:30pm	31 PiYo 9am Barre Express 5:30pm			

