



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

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In Studio, Live Streaming and On Demand	1 PiYo 9am Kettles 5:30pm	2 Iron Flow Ex 5:45am Iron Flow 9am Step 5:30pm	3 PiYo 9am Strength Flow 5:30pm	4 FIT Reboot 9am Pound Express 4:50pm Hip Hop Step 5:30pm	5 HIIT 5:45am	6 PiYo Express 8am Kettles 8:35am
	7 Yoga Fusion Flow 8am	8 PiYo 9am Kettles 5:30pm	9 FIT Reboot 5:45am Iron Flow 9am Step 5:30pm	10 PiYo 9am Fit ReBoot 5:30pm	11 Kettles 9am Pound Express 4:50pm Hip Hop Step 5:30pm	12 Step Express 5:45am
14 Yoga Fusion Flow 8am	15 PiYo 9am Kettles 5:30pm	16 Strength 4 You 5:45am Iron Flow 9am Step 5:30pm	17 PiYo 9am Strength Flow 5:30pm	18 Sculpt 9am Pound Express 4:50pm Hip Hop Step 5:30pm	19 Kettles 5:45am	20 (Class maybe added, will be posted on Facebook)
21 Yoga Fusion Flow 8am	22 PiYo 9am Kettles 5:30pm	23 Sculpt 5:45am Iron Flow 9am Step 5:30pm	24 PiYo 9am Fit ReBoot 5:30pm	25 Kettles 9am Pound Express 4:50pm Hip Hop Step 5:30pm	26 Step Express 5:45am	27 PiYo Express 8am Iron Flow Ex 8:35am
28 Yoga Fusion Flow 8am				***Shoes are recommended for all Step Classes.		

