



1423 S Hastings Way  
 Eau Claire, WI  
 Purefitness4you.com

# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Years Day
2 Pound 8am -45 Yoga Fusion 9am- 50	3 Yoga Beyond 8:45am -55 Kettles 5:30pm-30 HipHopDance 6:15pm -45	4 Band IT 5:45am -30 Iron Flow 8:45am -45	5 Step 5:45am -30 Kettles 8:45am -45 Barre Beyond 5:15pm-45	6 Strength 4 U 8:45am -30 Sock 'em Abs 5:35pm -20 FIT Reboot 6pm - 30	7 Iron Flow 5:45am -30 Stretchy Flow 8:45am-45	8 Yoga w/weights 8am -45
9 Pound 8am -45 TBD 9am	10 Yoga Beyond 8:45am -55 Kettles 5:30pm -30 HipHopDance 6:15pm- 45	11 FIT Reboot 5:45am - 30 Iron Flow 8:45am - 45	12 StepStrength 5:45am- 30 Sculpt 8:45am -45 Barre Beyond 5:15pm-45	13 Fit Reboot 8:45am-30 Tabata 5:35pm -20 FIT Reboot 6pm- 30	14 Booty Blast 5:45am – 30 Stretchy Flow 8:45am-45	15 PiYo 8am -45
16 Strength 4 You & Stretch 8am -45	17 Yoga Beyond 8:45am -55 Kettles 5:30pm -30 HipHop Dance 6:15pm-45	18 Sculpt 5:45am -30 Iron Flow 8:45am -45	19 Step 5:45am – 30 Kettles 8:45am -45 Barre Beyond 5:15pm-45	20 Strength 4 U 8:45am -30 Cardio Step-5:35pm -20 FIT Reboot 6pm- 30	21 HIIT 5:45am Stretchy Flow 8:45am-45	22 Yoga w/weights 8am -45
23/30 Pound 8am -45	24/31 Yoga Beyond 8:45am -55 Kettles 5:30pm -45	25 Defined Abs 5:45am -30 Iron Flow 8:45am -45	26 StepStrength 5:45am-30 Sculpts 8:45am - 45 Barre Beyond 5:15pm-45	27 Fit Reboot 8:45am -30 Kick IT 5:35pm -20 Fit Reboot 6pm - 30	28 Kettles 5:45am StretchyFlow 8:45am 45	29 PiYo 8am -45

