



February 2023

1423 S Hastings Way
Eau Claire, WI
Purefitness4you.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Also offer Small Groups!! M, T, Th 4:20pm, M/W/F 12:20pm T/Th 8:45am, M/W 11:30am M/Th 5pm, 5:35pm and 6:45pm			1 Fit Reboot 5:45am-30 Circuits 8:45am PiYo 5:15pm -45	2 Barre 6:10pm - 30	3 Barre 5:45am -30 Kettles 8:45am	4 PiYo 8am-45
5 Yoga Stretchy Flow 9am	6 PiYo 8:45am FIT Reboot 6:10pm -30	7 Band HIIT 5:45am -30 Hip Hop Step 5pm -30	8 Kettles 5:45am -30 Circuits 8:45am PiYo 5:15pm-45	9 Barre 6:10pm-30	10 Iron Flow 5:45am -30 Kettles 8:45am	11
12 Yoga Stretchy Flow 9am - 45	13 PiYo 8:45am -45 Kettlebell 6:10pm -30	14 Strength 4U 5:45am-30 Hip Hop Step 5pm-30	15 Step 5:45am- 30 Circuits 8:45am PiYo 5:15pm-45	16 Barre 6:10pm-30	17	18 PiYo 8am -45
19 Yoga Stretchy Flow 9am	20 Fit Reboot 6:10pm -30	21 Iron Flow 5:45am-30 Hip Hop Step 5pm -30	22 Fit Reboot 5:45am – 30 Circuits 8:45am PiYo 5:15pm-45	23 Barre 6:10pm - 30	24 Band HIIT 5:45am Kettles 8:45am	25 PiYo 8am- 45
26 Stretchy Yoga Flow 9am	27 PiYo 8am -45 Kettlebell 6:10pm -30	28 Yoga HIIT 5:45am -30 Hip Hop Step 5pm -30			Interested in Beginner, Small Group or 1:1 sessions, we offer those too – email us for information!	

