



1423 South Hastings Way
 Eau Claire, WI
 Purefitness4you.com

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Kettlebells 5:30pm Pound 6:15pm Beginner Pound 7:15pm	2 Defined Abs 5:45am PiYo Express 12:30pm PiYo 4:30pm Sculpt 5:25pm Beginner Pilates 6:10pm	3 PiYo 9am Flow 10am Barre Express 5:30pm PiYo 6:15pm	4 PiYo Express 11:15am Iron Flow 4:30pm Mat Pilates 5:30pm WERQ 6:30pm	5 Iron Barre 5:45am	6 PiYo -8am
7 Flow 8am POUND 9am Kids session – watch 4 details	8 PiYo 9am Defined Abs 5:30pm Pound 6:15pm Beginner Pound 7:15pm	9 Iron Flow 5:45am PiYo Express 12:30pm PiYo 4:30pm Band Bustle 5:25pm Beginner Mat Pilates 6:10	10 PiYo 9am Flow 10am BootyBarre 5:30pm PiYo 6:15pm	11 PiYo Express 11:15am Flow 4:30pm Mat Pilates 5:30pm Booty WERQ 6:30pm	12 Sculpt 5:45am	13 PiYo - 8am
14 Flow 8am POUND 9am Kids Tumbling 2:15pm, 3pm, 3:45pm and 4:40pm	15 PiYo 9am <u>SOCK 'EM Abs (BRING SOCKS) 5:30pm</u> Pound 6:15pm Beginner Pound 7:15pm	16 Kettles 5:45am PiYo Express – 12:30 PiYo 4:30pm Sculpt 5:25pm Beginner Mat Pilates 6:10pm	17 PiYo 9am Flow 10am Barre Express 5:30pm PiYo 6:15pm	18 PiYo Express 11:15am Iron Flow 4:30pm Mat Pilates 5:30pm WERQ 6:30pm	19 BarreBands 5:45am	20 PiYo – 8am
21 Flow 8am POUND 9am Kids Tumbling 2:15pm, 3pm, 3:45pm, 4:40pm	22 PiYo 9am Kettlebells 5:30pm Pound 6:15pm Beginner Pound 7:15pm	23 Sculpt 5:45am PiYo Express 12:30pm Beginner Mat Pilates 6:10pm	24 PiYo 9am Flow 10am Booty Barre 5:30pm PiYo 6:15pm	25 PiYo Express 11:15am Flow 4:30pm Mat Pilates 5:30pm Booty WERQ 6:30pm	26 Kettles 5:45am	27 PiYo 8am
28 Kids Tumbling 2:15pm 3pm, 3:45pm, 4:40pm Halloween Bash: Flow 6pm POUND 7pm	29 PiYo 9am Defined Abs 5:30pm Pound 6:15pm	30 Band Bustle 5:45am PiYo Express 12:30pm PiYo 4:30pm Band Bustle 5:25pm	31 PiYo 9am Flow 10am Happy Halloween			

