



1423 South Hastings Way
 Eau Claire, WI
 Purefitness4you.com

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Flow 9am @ Eastbay Lodge Holcombe, WI	2 PiYo 9am @ Eastbay Lodge Holcombe, WI	3 Kettles 5:45am Strength 4 You 5:25pm Pound 6:15pm	4 PiYo 9am Step Up Basics 10am Barre & Bells 5:30pm Iron Flow 6:15pm	5 Dynamic Flow 4:30pm Mat Pilates 5:30pm WERQ 6:30pm	6 Strength 4 You 5:45am	7 PiYo 8am
8 Flow 8am POUND 9am Kids Tumbling 3 & 4pm	9 PiYo 9am Kettles 5:30pm Beginner Step Up 6:15pm	10 HIIT 5:45am Strength 4 You 9am Dynamic Flow 9:45am Strength 4 You 5:25pm Pound 6:15pm	11 PiYo 9am Step Up Basics 10am Barre HIIT 5:30pm Iron Flow 6:15pm	12 Strength 4 You 9am Dynamic Flow 5:30pm WERQ 6:30pm	13 Bandit 5:45am	14 PiYo 8am
15 Flow 8am POUND 9am Kids Tumbling 3 & 4pm	16 PiYo 9am Kettles 5:30pm Beginner Step 6:15pm	17 Iron Flow 5:45am Strength 4 You 9am Dynamic Flow 9:45am Strength 4 You 5:25pm Pound 6:15pm	18 PiYo 9am Step Up Basics 10am Booty Barre 5:30pm Iron Flow 6:15pm	19 Strength 4 YOU 9am Dynamic Flow 4:30pm Mat Pilates 5:30pm WERQ 6:30pm	20 Step Up 5:45am	21 PiYo 8am
22 Flow 8am POUND 9am Kids Tumbling 3 & 4pm	23 PiYo 9am Kettles 5:30pm Beginner Step 6:15pm	24 Sculpt 5:45am Strength 4 You 9am Dynamic Flow 9:45am Strength 4 You 5:25pm Pound 6:15pm	25 PiYo 9am Step Up Basics 10am Barre Express 5:30pm Iron Flow 6:15pm	26 Strength 4 You 9am Dynamic Flow 5:30pm WERQ 6:30pm	27 Kettles 5:45am	28 PiYo 8am
29 Flow 8am POUND 9am Kids Tumbling 3&4pm	30 PiYo 9am Kettles 5:30pm Beginner Step 6:15pm				**Bold Classes are sign up ahead of time classes	

