



# May 2021

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interested in 1:1 or Small Group Training, message us!	Yoga Beyond is the new name for PiYo.	<b>IN STUDIO ONLY CLASSES IN RED.</b> (Unless upon request)	Shoes are recommended for all step classes.			1 Yoga Beyond 8am
2 Yoga Fusion Flow 8am	3 Yoga Beyond 9am Kettles 5:30pm	4 FIT Reboot 5:45am Iron Flow 9am PiYo Express 12:15pm Step Strength 5:30pm	5 Yoga Beyond 9am Yoga Beyond 5:30pm	6 Kettles & Core 9am PiYo Express 12:15pm Pound Express 4:50pm Hip Hop Step 5:30pm	7 Band HIIT 5:45am Mobility Flow 9am	8 Yoga Beyond 8am
9  Mothers Day	10 Yoga Beyond 9am Kettles 5:30pm	11 Strength 4 You 5:45am Barre Yoga Beyond 9am PiYo Express 12:15pm Step 5:30pm	12 Yoga Beyond 9am Strength Beyond Yoga 5:30pm	13 Fit Reboot 9am PiYo Express 12:15pm Hip Hop Step 4:50pm Pound Express 5:30pm	14 Kettles 5:45am Stretchy Flow 9am	15 Yoga Beyond 8am
16 Yoga Fusion Flow 8am	17 Yoga Beyond 9am Kettles 5:30pm	18 Sculpt 5:45am Iron Flow 9am PiYo Express 12:15pm Step Strength 5:30pm	19 Yoga Beyond 9am Yoga Beyond 5:30pm	20 Kettles & Core 9am PiYo Express 12:15pm Pound Express 4:50pm Hip Hop Step 5:30pm	21 Iron Flow 5:45am Mobility Flow 9am	22 Yoga Beyond 8am
23 Yoga Fusion Flow 8am 30 No Class	24 Yoga Beyond 9am Kettles 5:30pm 31 Memorial Day	25 FIT ReBoot 5:45am Sculpt Yoga Flow 9am Step 5:30pm	26 Yoga Beyond 9am Strength Beyond Yoga 5:30pm	27 Fit Reboot 9am Hip Hop Step 4:50pm Pound Express 5:30pm	28 Barre Express 5:45am Stretchy Flow 9am	29 Yoga Beyond 8am

