



NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BARRE 5:30 PM	2 PILATES 9 AM SMALL GROUP 11:45	3	4
5 *Unlimited access to online classes with an active monthly membership. Not all classes are recorded.	6 YOGA 4 STRENGTH 5:30 PM	7 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	8 BARRE 5:30 PM	9 PILATES 9 AM SMALL GROUP 11:45	10 SLOW FLOW YOGA 9AM	11 DANCZ FIT SMALL GROUP 10 AM
12 SAVE TIME WITH AUTOPAY NOW @ www.gunzandbunzllc.com	13 YOGA 4 STRENGTH 5:30 PM	14 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	15 BARRE 5:30 PM	16 PILATES 9 AM SMALL GROUP 11:45	17 SLOW FLOW YOGA 9AM	18 DANCZ FIT SMALL GROUP 10 AM
19	20 YOGA 4 STRENGTH 5:30 PM	21 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	22 No Class	23 Thanksgiving Day	24	25
26	27 YOGA 4 STRENGTH 5:30 PM	28 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	29 BARRE 5:30 PM	30 PILATES 9 AM SMALL GROUP 11:45		

Drop-in's \$10 (all yellow highlighted classes) ***** Monthly Class Membership \$50 (includes all those highlighted in yellow) AUTOPAY \$50

*With personal training or small group month membership, drop into yellow highlighted classes for just \$8

*Small Group Training \$16 drop-in, \$12 per session when paid in full for one month

Laurie Carroll - Owner & Certified Personal Trainer * 864.710.8407 * Located at 15905 Wells Hwy., Seneca, SC 29678 * www.gunzandbunzllc.com