



# FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PILATES 9 AM SMALL GROUP 11:45	2	3
4 *Unlimited access to online classes with an active monthly membership. Not all classes are recorded.	5 YOGA 4 STRENGTH 5:30 PM	6 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	7 BARRE 5:30 PM	8 PILATES 9 AM SMALL GROUP 11:45	9 BARRE 9 AM	10 DANCZ FIT SMALL GROUP 10 AM (MUST HAVE MINIMUM PREPAID)
11 SAVE TIME WITH AUTOPAY NOW @ <a href="http://www.gunzandbunzllc.com">www.gunzandbunzllc.com</a>	12 YOGA 4 STRENGTH 5:30 PM	13 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	14 NO CLASS	15 PILATES 9 AM SMALL GROUP 11:45	16	17
18	19 YOGA 4 STRENGTH 5:30 PM	20 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	21 BARRE 5:30 PM	22 PILATES 9 AM SMALL GROUP 11:45	23 SLOW FLOW YOGA 9 AM	24 DANCZ FIT SMALL GROUP 10 AM (MUST HAVE MINIMUM PREPAID)
25	26 YOGA 4 STRENGTH 5:30 PM	27 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	28 BARRE 5:30 PM	29 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](http://www.gunzandbunzllc.com)