



NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SG = SMALL GROUP *Pilates & Strength taught by Laurie						¹ SMALL GROUP DANCZ FIT 10 AM
² *Flow Yoga taught by Clara *Dancz Fit taught by Julie	³ SG FLOW YOGA 5:30 PM	⁴ PILATES 9 AM SG STRENGTH 11:45 SMALL GROUP STRENGTH 5:30 PM	⁵	⁶ PILATES 9 AM SG STRENGTH 11:45	⁷	⁸
⁹	¹⁰ SG FLOW YOGA 5:30 PM	¹¹ PILATES 9 AM SG STRENGTH 11:45 SMALL GROUP STRENGTH 5:30 PM	¹²	¹³ PILATES 9 AM	¹⁴	¹⁵ SMALL GROUP DANCZ FIT 10 AM
¹⁶	¹⁷ SG FLOW YOGA 5:30 PM	¹⁸ PILATES 9 AM SG STRENGTH 11:45 SMALL GROUP STRENGTH 5:30 PM	¹⁹	²⁰ PILATES 9 AM SG STRENGTH 11:45	²¹	²²
²³ ³⁰	²⁴ SG FLOW YOGA 5:30 PM	²⁵ PILATES 9 AM SG STRENGTH 11:45 SMALL GROUP 5:30 PM	²⁶	²⁷ HAPPY THANKSGIVING	²⁸	²⁹

*** Pilates Class Membership \$60 (includes all Pilates classes- highlighted in yellow) Drop-ins \$12 per class Pilates Only ***
 Small Group Training \$16 drop-in (\$12 per session when paid in full for minimum 4 sessions/month.) No refunds. Non-transferable. Each instructors' small groups are a separate fee and cannot be combined. This ensures that each instructor is paid for their time. Thank you for understanding.
 Laurie Carroll – Owner and CPT, CHN/CHNS * 864.710.8407 * Located at 15905 Wells Hwy., Seneca, SC 29678 * www.gunzandbunzllc.com