



# SEPTEMBER 2025

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

\*\*\* 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](http://www.gunzandbunzllc.com)**