



# JUNE 2026

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

\*\*\* Pilates Class Membership \$60 (includes all Pilates classes- highlighted in yellow) Drop-ins for Pilates \$12 per class (Pilates Only) \*\*\*  
 All Others listed are Small Group Training \$16 drop-in (\$12 per session when paid in full for minimum 4 sessions/month.) No refunds. Non-transferable. Each instructor's 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)**