



JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SG = SMALL GROUP *Pilates & Strength taught by Laurie				1 HAPPY NEW YEAR!!!	2	3
4 *Flow Yoga taught by Clara *Dancz Fit taught by Julie	5 SG FLOW YOGA 5:30 PM	6 PILATES 9 AM SG STRENGTH 11:45 SG STRENGTH 5:30 PM	7	8 PILATES 9 AM SG STRENGTH 11:45	9	10 SG DANCZ FIT 10 AM
11	12 SG DANCZ FIT 5:30 PM	13 PILATES 9 AM SG STRENGTH 11:45 SG STRENGTH 5:30 PM	14	15 PILATES 9 AM SG STRENGTH 11:45	16	17 SG DANCZ FIT 10 AM
18	19	20 PILATES 9 AM SG STRENGTH 11:45 SG STRENGTH 5:30 PM	21	22 PILATES 9 AM SG STRENGTH 11:45	23	24
25	26 SG DANCZ FIT 5:30 PM	27 PILATES 9 AM SG STRENGTH 11:45 SG STRENGTH 5:30 PM	28	29 PILATES 9 AM SG STRENGTH 11:45	30	31

*** 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