



# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO CLASS	3 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	4 NO CLASS	5 PILATES 9 AM SMALL GROUP 11:45	6 SLOW FLOW YOGA 9AM	7 DANCZ FIT SMALL GROUP 10 AM
8 *Unlimited access to online classes with an active monthly membership. Not all classes are recorded.	9 YOGA 4 STRENGTH 5:30 PM	10 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	11 BARRE 5:30 PM	12 PILATES 9 AM SMALL GROUP 11:45	13 SLOW FLOW YOGA 9AM	14
15 SAVE TIME WITH AUTOPAY NOW @ <a href="http://www.gunzandbunzllc.com">www.gunzandbunzllc.com</a>	16 YOGA 4 STRENGTH 5:30 PM	17 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	18 BARRE 5:30 PM	19 PILATES 9 AM SMALL GROUP 11:45	20 SLOW FLOW YOGA 9AM	21 DANCZ FIT SMALL GROUP 10 AM
22	23 YOGA 4 STRENGTH 5:30 PM	24 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	25 BARRE 5:30 PM	26 PILATES 9 AM SMALL GROUP 11:45	27	28
29	30 YOGA 4 STRENGTH 5:30 PM	31 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35				

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)