



MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Pilates & Strength with Laurie *Flow Yoga with Clara *Dancz Fit with Julie					1	2
3	4 FLOW YOGA 5:30 PM	5 PILATES 9 AM STRENGTH 11:45 STRENGTH 5:30 PM	6	7 PILATES 9 AM STRENGTH 11:45 DANCZ FIT 5:30 PM	8	9
10	11 FLOW YOGA 5:30 PM	12 PILATES 9 AM STRENGTH 11:45 STRENGTH 5:30 PM	13	14 NO CLASSES	15 YOGALATES 10 AM	16
17	18 FLOW YOGA 5:30 PM	19 PILATES 9 AM STRENGTH 11:30 STRENGTH 5:30 PM	20	21 PILATES 9 AM STRENGTH 11:30 DANCZ FIT 5:30 PM	22	23
24 31	25 MEMORIAL DAY	26 PILATES 9 AM STRENGTH 11:30 STRENGTH 5:30 PM	27	28 PILATES 9 AM STRENGTH 11:30 DANCZ FIT 5:30 PM	29	30

*** 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