



JULY 2026

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

*** Pilates Class Membership \$60 (includes all Pilates classes- highlighted in yellow) Drop-ins for Pilates \$12 per class (Pilates Only) ***

Clara and Julie's Small Group Training \$16 drop-in (\$12 per session when paid in full for minimum 4 sessions/month.)

Laurie's Strength Small Group Tues evening \$60 cash/\$65 credit, T/TH \$125 cash/\$130 credit. 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