



JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NEW YEARS DAY!	2 PILATES 9 AM SMALL GROUP 5:35	3 BARRE 5:30 PM	4 PILATES 9 AM SMALL GROUP 11:45	5	6 DANCZ FIT SMALL GROUP 10 AM (MUST HAVE MINIMUM PREPAID)
7 *Unlimited access to online classes with an active monthly membership. Not all classes are recorded.	8 YOGA 4 STRENGTH 5:30 PM	9 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	10 BARRE 5:30 PM	11 PILATES 9 AM SMALL GROUP 11:45	12 SLOW FLOW YOGA 9 AM	13
14 SAVE TIME WITH AUTOPAY NOW @ www.gunzandbunzl.com	15 YOGA 4 STRENGTH 5:30 PM	16 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	17 BARRE 5:30 PM	18 PILATES 9 AM SMALL GROUP 11:45	19 SLOW FLOW YOGA 9 AM	20
21	22 YOGA 4 STRENGTH 5:30 PM	23 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	24	25 PILATES 9 AM SMALL GROUP 11:45	26	27
28	29	30 PILATES 9 AM SMALL GROUP 11:45 SMALL GROUP 5:35	31			

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