



October 2026

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

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

Clara and Julie's SG Training \$16 drop-in (\$12 per session when paid in full for minimum 4 sessions/month.) Laurie's Strength SG Tues evening \$60 cash/\$65 credit, T/TH \$125 cash/\$130 credit. No refunds. Non-transferable. Each instructor SG are a separate fee, cannot be combined. This ensures 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