



AUGUST 2025

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

*** Pilates Class Membership \$60 (includes all Pilates classes- highlighted in yellow) Drop-ins \$12 per class Pilates Only ***
 Small Group Training \$16 drop-in (\$12 per session when paid in full for minimum 4 sessions/month.) 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