



FEBRUARY 2026

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

*** 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

***Please check the Gunz & Buns FB page for updates in case of winter weather!