

JANUARY 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					



Yellow = 30-minute class
Blue = 45-minute class

Please note the schedule on Monday, January 31st will be the same as Monday, January 24th

Closed for New Year's Day

New Year's Day

Closed for New Year's Day (observed)

Product Order

Couch To Confident begins

Same schedule as January 24th

NOTE: This schedule only reflects the classes/workshops/programs taking place at the Inspired by Fitness studio. For more information on promotions and community events, please visit www.inspiredbyfitness.ca.