

# JANUARY 2024

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CLOSED FOR NEW YEAR'S DAY</b>	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt & Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga	<b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt & Gut <b>7:00 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp	<b>9:30 am</b> – Boot Camp
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt & Gut	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt & Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga	<b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt & Gut <b>7:00 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp	<b>9:30 am</b> – Boot Camp
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt & Gut	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt & Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga	<b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt & Gut <b>7:00 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp	<b>9:30 am</b> – Boot Camp
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt & Gut <b>COUCH TO CONFIDENT BEGINS</b>	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt & Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga	<b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt & Gut <b>7:00 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp	<b>9:30 am</b> – Boot Camp
<b>29</b>	<b>30</b>	<b>31</b>			
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt & Gut	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt & Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga		Yellow = 30-minute class Blue = 45-minute class	

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](http://www.inspiredbyfitness.ca).