


FEBRUARY 2024

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yellow = 30-minute class Blue = 45-minute class		1 6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights	2 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	3 9:30 am – Boot Camp
	5	6	7	8	9
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp PRODUCT ORDER	9:30 am – Boot Camp
12	13	14	15	16	17
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga VALENTINE'S SPIRIT DAY	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	9:30 am – Boot Camp
19	20	21	22	23	24
CLOSED FOR FAMILY DAY	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	9:30 am – Boot Camp
26	27	28	29		
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights		

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.