

# FEBRUARY 2025

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="background-color: #FFF9C4; padding: 2px;">Yellow = 30-minute class</div> <div style="background-color: #ADD8E6; padding: 2px;">Blue = 45-minute class</div>				9:30 am – Boot Camp
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<div style="background-color: #ADD8E6; padding: 2px;">9:00 am – Boot Camp</div> <div style="background-color: #FFF9C4; padding: 2px;">10:00 am – LIBB (Circuit)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Boot Camp</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Zumba</div> <div style="background-color: #FFF9C4; padding: 2px;">7:00 pm – Butt &amp; Gut</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Boot Camp</div> <div style="background-color: #FFF9C4; padding: 2px;">9:00 am – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Pilates</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Yoga</div> <div style="background-color: #FFF9C4; padding: 2px;">7:00 pm – Circuit</div>	<div style="background-color: #ADD8E6; padding: 2px;">9:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">10:00 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Butt &amp; Gut</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Weights</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Pound Unplugged</div> <div style="background-color: #FFF9C4; padding: 2px;">6:45 pm – Yoga</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">9:15 am – Yoga</div> <div style="background-color: #ADD8E6; padding: 2px;">10:00 am – LIBB (Circuit)</div> <div style="background-color: #FFF9C4; padding: 2px;">10:45 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">7:00 pm – Weights</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Circuit</div> <div style="background-color: #FFF9C4; padding: 2px;">9:00 am – Circuit</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Boot Camp</div>	9:30 am – Boot Camp
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>CLOSED FOR FAMILY DAY</b>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Boot Camp</div> <div style="background-color: #FFF9C4; padding: 2px;">9:00 am – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Pilates</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Yoga</div> <div style="background-color: #FFF9C4; padding: 2px;">7:00 pm – Circuit</div>	<div style="background-color: #ADD8E6; padding: 2px;">9:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">10:00 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Butt &amp; Gut</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Weights</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Pound Unplugged</div> <div style="background-color: #FFF9C4; padding: 2px;">6:45 pm – Yoga</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">9:15 am – Yoga</div> <div style="background-color: #ADD8E6; padding: 2px;">10:00 am – LIBB (Circuit)</div> <div style="background-color: #FFF9C4; padding: 2px;">10:45 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">7:00 pm – Weights</div>	<b>VALENTINE'S SPIRIT DAY</b>	9:30 am – Boot Camp
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<div style="background-color: #ADD8E6; padding: 2px;">9:00 am – Boot Camp</div> <div style="background-color: #FFF9C4; padding: 2px;">10:00 am – LIBB (Circuit)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Boot Camp</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Zumba</div> <div style="background-color: #FFF9C4; padding: 2px;">7:00 pm – Butt &amp; Gut</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Boot Camp</div> <div style="background-color: #FFF9C4; padding: 2px;">9:00 am – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Pilates</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Yoga</div> <div style="background-color: #FFF9C4; padding: 2px;">7:00 pm – Circuit</div>	<div style="background-color: #ADD8E6; padding: 2px;">9:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">10:00 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Butt &amp; Gut</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Weights</div> <div style="background-color: #ADD8E6; padding: 2px;">6:00 pm – Pound Unplugged</div> <div style="background-color: #FFF9C4; padding: 2px;">6:45 pm – Yoga</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Weights</div> <div style="background-color: #FFF9C4; padding: 2px;">9:15 am – Yoga</div> <div style="background-color: #ADD8E6; padding: 2px;">10:00 am – LIBB (Circuit)</div> <div style="background-color: #FFF9C4; padding: 2px;">10:45 am – LIBB (Zumba)</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Spin</div> <div style="background-color: #FFF9C4; padding: 2px;">5:15 pm – Butt &amp; Gut</div> <div style="background-color: #ADD8E6; padding: 2px;">7:00 pm – Weights</div>	<div style="background-color: #ADD8E6; padding: 2px;">6:00 am – Circuit</div> <div style="background-color: #FFF9C4; padding: 2px;">9:00 am – Circuit</div> <div style="background-color: #ADD8E6; padding: 2px;">12:15 pm – Boot Camp</div>	

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).