

MARCH 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – TripleFIT 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Butt & Gut 7:00 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 – Body Sculpt 6:00 pm – Bounce 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	8:30 am – Nordic Walking 9:30 am – Boot Camp
7	8	9	10	11	12
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 – TripleFIT 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Butt & Gut 7:00 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 – Body Sculpt 6:00 pm – Bounce 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	8:30 am – Nordic Walking 9:30 am – Boot Camp
14	15	16	17	18	19
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 – TripleFIT 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Butt & Gut 7:00 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 – Body Sculpt 6:00 pm – Bounce 7:00 pm – Weights * St. Patrick's Green Day *	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	8:30 am – Nordic Walking 9:30 am – Boot Camp
21	22	23	24	25	26
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 – TripleFIT 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Butt & Gut 7:00 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 – Body Sculpt 6:00 pm – Bounce 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	8:30 am – Nordic Walking 9:30 am – Boot Camp
28	29	30	31		
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 – TripleFIT 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Butt & Gut 7:00 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 – Body Sculpt 6:00 pm – Bounce 7:00 pm – Weights	Advanced Weight Training is a 9-week workshop from 02/11 to 04/08 (each class will be one-hour in length) Nordic Walking is a 6-week clinic from 02/19 to 03/26 (each class will be one-hour in length)	Mommy & Me is an 8-week workshop from 03/02 to 04/20 (each class will be 40 minutes in length) 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.