


MARCH 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>		PREHAB is a 6-week workshop running from 03/20 to 04/24 (each class is 45 minutes in length)	Nordic Walking is a 4-week clinic running from 03/01 to 03/22 (each class is one-hour in length)	<div style="background-color: #90EE90; padding: 2px;">8:30 am – Nordic Walking Clinic</div> <div style="background-color: #ADD8E6; padding: 2px;">9:30 am – Boot Camp</div>
	3	4	5	6	7
<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 & 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 & 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 & 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 & 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>	<div style="background-color: #90EE90; padding: 2px;">8:30 am – Nordic Walking Clinic</div> <div style="background-color: #ADD8E6; padding: 2px;">9:30 am – Boot Camp</div>
10	11	12	13	14	15
<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 & 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 & 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 & 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 & 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>	<div style="background-color: #90EE90; padding: 2px;">8:30 am – Nordic Walking Clinic</div> <div style="background-color: #ADD8E6; padding: 2px;">9:30 am – Boot Camp</div>
17	18	19	20	21	22
<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 & Gut</div> <div style="background-color: #90EE90; padding: 2px; text-align: center;">ST. PATRICK'S SPIRIT DAY</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 & 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 & 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 & Gut</div> <div style="background-color: #DDA0DD; padding: 2px;">6:00 pm – PREHAB</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>	<div style="background-color: #90EE90; padding: 2px;">8:30 am – Nordic Walking Clinic</div> <div style="background-color: #ADD8E6; padding: 2px;">9:30 am – Boot Camp</div>
24/31	25	26	27	28	29
<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 & Gut</div> <div style="background-color: #FFDAB9; padding: 2px;">Class schedule on 03/24 will be the same as 03/31</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 & 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 & 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 & Gut</div> <div style="background-color: #DDA0DD; padding: 2px;">6:00 pm – PREHAB</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>	<div style="background-color: #ADD8E6; padding: 2px;">9:30 am – 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.