

APRIL 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Advanced Weight Training is a 9-week workshop from 02/11 to 04/08 (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)	Advanced Weight Training is a 9-week workshop from 04/29 to 06/24 (each class will be one-hour in length)	1	2
				<p style="background-color: #FFD700; padding: 2px;">Yellow = 30-minute class</p> <p style="background-color: #ADD8E6; padding: 2px;">Blue = 45-minute class</p>	<p>6:00 am – Circuit</p> <p>9:00 am – Circuit</p> <p>12:15 pm – Boot Camp</p> <p>5:15 pm – Advanced Weight Training</p>
4	5	6	7	8	9
<p>9:00 am – Boot Camp</p> <p>10:00 am – LIBB (Circuit)</p> <p>12:15 pm – Weights</p> <p>5:15 pm – Boot Camp</p> <p>6:00 pm – Zumba</p> <p>7:00 pm – Butt & Gut</p>	<p>6:00 am – Boot Camp</p> <p>9:00 am – Butt & Gut</p> <p>12:15 pm – Spin</p> <p>5:15 pm – TripleFIT</p> <p>6:00 pm – Yoga</p> <p>7:00 pm – Circuit</p>	<p>9:00 am – Weights</p> <p>10:00 am – LIBB (Zumba)</p> <p>11:00 am – Mommy & Me</p> <p>12:15 pm – Butt & Gut</p> <p>5:15 pm – Weights</p> <p>6:00 pm – Butt & Gut</p> <p>7:00 pm – Yoga</p>	<p>6:00 am – Weights</p> <p>9:15 am – Yoga</p> <p>10:00 am – LIBB (Circuit)</p> <p>10:45 am – LIBB (Zumba)</p> <p>12:15 pm – Spin</p> <p>5:15 pm – Body Sculpt</p> <p>6:00 pm – Bounce</p> <p>7:00 pm – Weights</p>	<p>6:00 am – Circuit</p> <p>9:00 am – Circuit</p> <p>12:15 pm – Boot Camp</p> <p>5:15 pm – Advanced Weight Training</p>	<p>9:30 am – Boot Camp</p>
11	12	13	14	15	16
<p>9:00 am – Boot Camp</p> <p>10:00 am – LIBB (Circuit)</p> <p>12:15 pm – Weights</p> <p>5:15 pm – Boot Camp</p> <p>6:00 pm – Zumba</p> <p>7:00 pm – Butt & Gut</p>	<p>6:00 am – Boot Camp</p> <p>9:00 am – Butt & Gut</p> <p>12:15 pm – Spin</p> <p>5:15 pm – TripleFIT</p> <p>6:00 pm – Yoga</p> <p>7:00 pm – Circuit</p>	<p>9:00 am – Weights</p> <p>10:00 am – LIBB (Zumba)</p> <p>11:00 am – Mommy & Me</p> <p>12:15 pm – Butt & Gut</p> <p>5:15 pm – Weights</p> <p>6:00 pm – Butt & Gut</p> <p>7:00 pm – Yoga</p>	<p>6:00 am – Weights</p> <p>9:15 am – Yoga</p> <p>10:00 am – LIBB (Circuit)</p> <p>10:45 am – LIBB (Zumba)</p> <p>12:15 pm – Spin</p> <p>5:15 pm – Body Sculpt</p> <p>6:00 pm – Bounce</p> <p>7:00 pm – Weights</p>	<p style="background-color: #FF8C00; color: white; padding: 5px;">Closed for Good Friday</p>	<p style="background-color: #FF8C00; color: white; padding: 5px;">Closed for Easter Break</p>
18	19	20	21	22	23
<p>9:00 am – Boot Camp</p> <p>10:00 am – LIBB (Circuit)</p> <p>12:15 pm – Weights</p> <p>5:15 pm – Boot Camp</p> <p>6:00 pm – Zumba</p> <p>7:00 pm – Butt & Gut</p>	<p>6:00 am – Boot Camp</p> <p>9:00 am – Butt & Gut</p> <p>12:15 pm – Spin</p> <p>5:15 pm – TripleFIT</p> <p>6:00 pm – Yoga</p> <p>7:00 pm – Circuit</p>	<p>9:00 am – Weights</p> <p>10:00 am – LIBB (Zumba)</p> <p>11:00 am – Mommy & Me</p> <p>12:15 pm – Butt & Gut</p> <p>5:15 pm – Weights</p> <p>6:00 pm – Butt & Gut</p> <p>7:00 pm – Yoga</p>	<p>6:00 am – Weights</p> <p>9:15 am – Yoga</p> <p>10:00 am – LIBB (Circuit)</p> <p>10:45 am – LIBB (Zumba)</p> <p>12:15 pm – Spin</p> <p>5:15 pm – Body Sculpt</p> <p>6:00 pm – Bounce</p> <p>7:00 pm – Weights</p>	<p>6:00 am – Circuit</p> <p>9:00 am – Circuit</p> <p>12:15 pm – Boot Camp</p>	<p>9:30 am – Boot Camp</p>
<p>Inspired by Colour Week</p>	<p>Inspired by Colour Week</p>	<p>Inspired by Colour Week</p>	<p>Inspired by Colour Week</p>	<p>Inspired by Colour Week</p>	<p>Inspired by Colour Week</p>
25	26	27	28	29	30
<p>9:00 am – Boot Camp</p> <p>10:00 am – LIBB (Circuit)</p> <p>12:15 pm – Weights</p> <p>5:15 pm – Boot Camp</p> <p>6:00 pm – Zumba</p> <p>7:00 pm – Butt & Gut</p>	<p>6:00 am – Boot Camp</p> <p>9:00 am – Butt & Gut</p> <p>12:15 pm – Spin</p> <p>5:15 pm – TripleFIT</p> <p>6:00 pm – Yoga</p> <p>7:00 pm – Circuit</p>	<p>9:00 am – Weights</p> <p>10:00 am – LIBB (Zumba)</p> <p>12:15 pm – Butt & Gut</p> <p>5:15 pm – Weights</p> <p>6:00 pm – Butt & Gut</p> <p>7:00 pm – Yoga</p>	<p>6:00 am – Weights</p> <p>9:15 am – Yoga</p> <p>10:00 am – LIBB (Circuit)</p> <p>10:45 am – LIBB (Zumba)</p> <p>12:15 pm – Spin</p> <p>5:15 pm – Body Sculpt</p> <p>6:00 pm – Bounce</p> <p>7:00 pm – Weights</p>	<p>6:00 am – Circuit</p> <p>9:00 am – Circuit</p> <p>12:15 pm – Boot Camp</p> <p>5:15 pm – Advanced Weight Training</p>	<p>9:30 am – Boot Camp</p>

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.