

# APRIL 2023

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Yellow = 30-minute class Blue = 45-minute class</p>		Nordic Walking is a 6-week workshop running from 02/25 to 04/01 (each class will be one-hour in length)	Advanced Weight Training is a 9-week workshop running from 04/28 to 06/23 (each class will be one-hour in length)	<p><b>8:30 am</b> – Nordic Walking <b>9:30 am</b> – Boot Camp</p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – TripleFIT <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – POUND <b>7:00 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Body Sculpt <b>6:00 pm</b> – Bounce <b>7:00 pm</b> – Weights</p>	<b>Closed for Good Friday</b>	<b>Closed for Easter Break</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – TripleFIT <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – POUND <b>7:00 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Body Sculpt <b>6:00 pm</b> – Bounce <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp</p> <p style="background-color: #FFD700; text-align: center;"><b>Couch To Confident ends</b></p> <p style="background-color: #333; color: #FFD700; text-align: center;"><b>Product Order</b></p>	<p><b>9:30 am</b> – Boot Camp</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p> <p style="background-color: #FF0000; color: white; text-align: center;"><b>Inspired by Colour Week</b></p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – TripleFIT <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p> <p style="background-color: #00BFFF; text-align: center;"><b>Inspired by Colour Week</b></p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – POUND <b>7:00 pm</b> – Yoga</p> <p style="background-color: #008000; text-align: center;"><b>Inspired by Colour Week</b></p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Body Sculpt <b>6:00 pm</b> – Bounce <b>7:00 pm</b> – Weights</p> <p style="background-color: #800080; text-align: center;"><b>Inspired by Colour Week</b></p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp</p> <p style="background-color: #FF00FF; text-align: center;"><b>Inspired by Colour Week</b></p>	<p><b>9:30 am</b> – Boot Camp</p> <p style="background-color: #0000FF; text-align: center;"><b>Inspired by Colour Week</b></p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – TripleFIT <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – POUND <b>7:00 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Body Sculpt <b>6:00 pm</b> – Bounce <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp <b>5:15 pm</b> – Advanced Weight Training</p>	<p><b>9:30 am</b> – 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](http://www.inspiredbyfitness.ca).