

APRIL 2025

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	<p>6:00 am – Boot Camp</p> <p>9:00 am – Butt & Gut</p> <p>12:15 pm – Spin</p> <p>5:15 pm – Pilates</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 – Pound Unplugged</p> <p>6:45 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 – Butt & Gut</p> <p>6:00 pm – PREHAB</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>
7	8	9	10	11	12
<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 – Pilates</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 – Pound Unplugged</p> <p>6:45 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 – Butt & Gut</p> <p>6:00 pm – PREHAB</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>
14	15	16	17	18	19
<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 – Pilates</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 – Pound Unplugged</p> <p>6:45 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 – Butt & Gut</p> <p>6:00 pm – PREHAB</p> <p>7:00 pm – Weights</p>	<p>CLOSED FOR GOOD FRIDAY</p>	<p>CLOSED FOR EASTER BREAK</p>
21	22	23	24	25	26
<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 – Pilates</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 – Pound Unplugged</p> <p>6:45 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 – Butt & Gut</p> <p>6:00 pm – PREHAB</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>
<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>
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 – Pilates</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 – Pound Unplugged</p> <p>6:45 pm – Yoga</p>	<p>PREHAB is a 6-week workshop running from 03/20 to 04/24 (each class is 45 minutes in length)</p>	<p>Advanced Weight Training is a 9-week workshop running from 04/25 to 06/20 (each class is one-hour in length)</p>	<p>Yellow = 30-minute class</p> <p>Blue = 45-minute class</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.