

MAY 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
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) 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	9:30 am – Boot Camp
9	10	11	12	13	14
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) 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	9:30 am – Boot Camp
16	17	18	19	20	21
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) 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	Product Order	9:30 am – Boot Camp
23	24	25	26	27	28
Closed for Victoria Day	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) 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 6:30 pm – Learn To Run 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	9:30 am – Boot Camp
* Victoria Day *					
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	Yellow = 30-minute class Blue = 45-minute class	Learn To Run is a 6-week clinic from 05/26 to 06/30 (each class will be 45 minutes in length)		

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.