

MAY 2024

Monthly Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|
|  | Yellow = 30-minute class Blue = 45-minute class | 1 9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga | 2 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 – Butt & Gut 7:00 pm – Weights | 3 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training | 4 9:30 am – Boot Camp |
| | 6 | 7 | 8 | 9 | 10 |
| 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 – Pilates 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 – Pound Unplugged 6:45 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 – Butt & Gut 7:00 pm – Weights | 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training PRODUCT ORDER | 11 9:30 am – Boot Camp |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 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 – Pilates 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 – Pound Unplugged 6:45 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 – Butt & Gut 7:00 pm – Weights | 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training | 9:30 am – Boot Camp |
| 20 | 21 | 22 | 23 | 24 | 25 |
| CLOSED FOR VICTORIA DAY | 6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 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 – Pound Unplugged 6:45 pm – Yoga 6:45 pm – Learn To Run | 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 – Butt & Gut 7:00 pm – Weights | 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training | 9:30 am – Boot Camp |
| 27 | 28 | 29 | 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 – Pilates 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 – Pound Unplugged 6:45 pm – Yoga 6:45 pm – Learn To Run | 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 – Butt & Gut 7:00 pm – Weights | 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training | Advanced Weight Training is a 9-week workshop running from 04/26 to 06/21 (each class is one-hour in length) Learn To Run is a 6-week clinic running from 05/22 to 06/26 (each class is one-hour 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.