

JUNE 2023

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Learn To Run is a 6-week clinic running from 05/24 to 06/28 (each class will be 45 minutes 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)	1 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	2 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	3 9:30 am – Boot Camp
	5	6	7	8	9
5 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 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	7 9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – POUND 6:30 pm – Learn To Run 7:00 pm – Yoga	8 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	9 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training <div style="background-color: black; color: yellow; text-align: center; padding: 2px;">Product Order</div>	10 9:30 am – Boot Camp
12	13	14	15	16	17
12 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	13 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	14 9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – POUND 6:30 pm – Learn To Run 7:00 pm – Yoga	15 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 CANCELLED 7:00 pm – Weights	16 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	17 9:30 am – Boot Camp
19	20	21	22	23	24
19 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	20 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	21 9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – POUND 6:30 pm – Learn To Run 7:00 pm – Yoga	22 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 CANCELLED 7:00 pm – Weights	23 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training	24 9:30 am – Boot Camp
26	27	28	29	30	
26 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	27 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	28 9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – POUND 6:30 pm – Learn To Run 7:00 pm – Yoga	29 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	30 6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	Yellow = 30-minute class Blue = 45-minute class <div style="background-color: #cccccc; padding: 5px;">Please note Bounce is cancelled on 06/15 and 06/22</div>
			* Canadian Pride Day *		

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.