

JUNE 2024

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Yellow = 30-minute class Blue = 45-minute class</p>	Learn To Run is a 6-week clinic running from 05/22 to 06/26 (each class is one-hour in length)		Advanced Weight Training is a 9-week workshop running from 04/26 to 06/21 (each class is one-hour in length)	9:30 am – Boot Camp
3	4	5	6	7	8
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training</p>	9:30 am – Boot Camp
10	11	12	13	14	15
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training</p> <p style="text-align: center;">PRODUCT ORDER</p>	9:30 am – Boot Camp
17	18	19	20	21	22
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training</p>	9:30 am – Boot Camp
24	25	26	27	28	29
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp</p> <p style="text-align: center;">CANADIAN SPIRIT DAY</p>	9:30 am – Boot Camp
				CANADIAN SPIRIT DAY	CANADIAN SPIRIT 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.