

JULY 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yellow = 30-minute class Blue = 45-minute class Please note Yoga is cancelled on 07/12 and 07/14 and will be replaced by Stretch POUND is a 7-week weekly pop-up class running from 07/06 to 08/17	Summer Outdoor Boot Camp is an 8-week workshop from 07/06 to 08/24 (each class is 45 minutes in length and will replace Wednesday evening Yoga classes for the duration)	Please note Bounce is cancelled on 07/07 Please note Spin is cancelled on 07/26 and 07/28	Closed for Canada Day	Closed for Canada Day Long Weekend
	4	5	6	* Canada Day *	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 – POUND 7:00 pm – Summer Outdoor Boot Camp	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
11	12	13	14	Product Order	16
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 – Stretch 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 7:00 pm – Summer Outdoor Boot Camp	6:00 am – Weights 9:15 am – Stretch 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
18	19	20	21	22	23
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25	26	27	28	29	30
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 – POUND 7:00 pm – Summer Outdoor Boot Camp	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

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.