

# AUGUST 2022

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Closed for Civic Holiday</b>	6:00 am – Boot Camp 9:00 am – Butt & Gut <del>12:15 pm – Spin</del> 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) <del>12:15 pm – Spin</del> 5:15 pm – Body Sculpt <del>6:00 pm – Bounce</del> 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp	9:30 am – Boot Camp
<b>* Civic Holiday *</b>					
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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
				<b>Product Order</b>	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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 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  <div style="background-color: #FF8C00; color: white; padding: 5px; text-align: center;">             POUND is a 7-week weekly pop-up class running from 07/06 to 08/17           </div>
<b>29</b>	<b>30</b>	<b>31</b>			
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 <del>10:00 am – LIBB (Zumba)</del> 12:15 pm – Butt & Gut 5:15 pm – Weights 7:00 pm – Yoga	<div style="background-color: #008000; color: white; padding: 5px;">             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)           </div>	<div style="background-color: #FFD700; padding: 5px;">             Yellow = 30-minute class              Blue = 45-minute class           </div> <div style="background-color: #333; color: white; padding: 5px; margin-top: 5px;">             Please note Spin is cancelled on 08/02 &amp; 08/04, Bounce is cancelled on 08/04 and LIBB (Zumba) is cancelled on 08/31           </div>	

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](http://www.inspiredbyfitness.ca).