

# SEPTEMBER 2020

## 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>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:20 pm</b> – TripleFIT <b>6:15 pm</b> – Yoga <b>7:10 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Butt & Gut <b>5:20 pm</b> – Weights <b>6:15 pm</b> – TripleFIT <b>7:10 pm</b> – STRONG Nation	<b>9:10 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:50 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Spin <b>5:20 pm</b> – Body Sculpt <b>6:15 pm</b> – Bounce <b>7:10 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Circuit	<b>9:30 am</b> – Boot Camp
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Closed for Labour Day</b>	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:20 pm</b> – TripleFIT <b>6:15 pm</b> – Yoga <b>7:10 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Butt & Gut <b>5:20 pm</b> – Weights <b>6:15 pm</b> – TripleFIT <b>7:10 pm</b> – STRONG Nation	<b>9:10 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:50 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Spin <b>5:20 pm</b> – Body Sculpt <b>6:15 pm</b> – Bounce <b>7:10 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Circuit	<b>9:30 am</b> – Boot Camp
<b>* Labour Day *</b>				<b>Product Order</b>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – Low Impact Body Blast (Circuit) <b>12:15 pm</b> – Boot Camp <b>5:20 pm</b> – Boot Camp <b>6:15 pm</b> – Zumba <b>7:10 pm</b> – Butt & Gut	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:20 pm</b> – TripleFIT <b>6:15 pm</b> – Yoga <b>7:10 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Butt & Gut <b>5:20 pm</b> – Weights <b>6:15 pm</b> – TripleFIT <b>7:10 pm</b> – STRONG Nation	<b>9:10 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:50 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Spin <b>5:20 pm</b> – Body Sculpt <b>6:15 pm</b> – Bounce <b>7:10 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Circuit	<b>9:30 am</b> – Boot Camp
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – Low Impact Body Blast (Circuit) <b>12:15 pm</b> – Boot Camp <b>5:20 pm</b> – Boot Camp <b>6:15 pm</b> – Zumba <b>7:10 pm</b> – Butt & Gut <b>Couch To Confident begins</b>	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:20 pm</b> – TripleFIT <b>6:15 pm</b> – Yoga <b>7:10 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Butt & Gut <b>5:20 pm</b> – Weights <b>6:15 pm</b> – TripleFIT <b>7:10 pm</b> – STRONG Nation	<b>9:10 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:50 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Spin <b>5:20 pm</b> – Body Sculpt <b>6:15 pm</b> – Bounce <b>7:10 pm</b> – Weights	<b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Circuit	<b>9:30 am</b> – Boot Camp
<b>28</b>	<b>29</b>	<b>30</b>			
<b>9:00 am</b> – Boot Camp <b>10:00 am</b> – Low Impact Body Blast (Circuit) <b>12:15 pm</b> – Boot Camp <b>5:20 pm</b> – Boot Camp <b>6:15 pm</b> – Zumba <b>7:10 pm</b> – Butt & Gut	<b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt & Gut <b>12:15 pm</b> – Spin <b>5:20 pm</b> – TripleFIT <b>6:15 pm</b> – Yoga <b>7:10 pm</b> – Circuit	<b>9:00 am</b> – Weights <b>10:00 am</b> – Low Impact Body Blast (Zumba Light) <b>12:15 pm</b> – Butt & Gut <b>5:20 pm</b> – Weights <b>6:15 pm</b> – TripleFIT <del><b>7:10 pm</b> – STRONG Nation</del>	Please note STRONG Nation is cancelled on 09/30		<div style="background-color: #FFD700; padding: 5px;">             Due to COVID safety protocols, these classes will be reduced to 30 minutes           </div> <div style="background-color: #ADD8E6; padding: 5px; margin-top: 10px;">             Due to COVID safety protocols, these classes will have a different start time           </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).