

SEPTEMBER 2022

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	

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.