


OCTOBER 2020

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Due to COVID safety protocols, these classes will be reduced to 30 minutes	Mommy & Me is an 8-week online workshop from 10/07 to 11/25	9:10 am – Yoga 10:00 am – LIBB (Circuit) 10:50 am – Low Impact Body Blast (Zumba Light) 12:15 pm – Spin 5:20 pm – Body Sculpt 6:15 pm – Bounce 7:10 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Circuit	9:30 am – Boot Camp	
	Due to COVID safety protocols, these classes will have a different start time					
	5	6	7	8	9	10
	9:00 am – Boot Camp 10:00 am – Low Impact Body Blast (Circuit) 12:15 pm – Boot Camp 5:20 pm – Boot Camp 6:15 pm – Zumba 7:10 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:20 pm – TripleFIT 6:15 pm – Yoga 7:10 pm – Circuit	9:00 am – Weights 10:00 am – Low Impact Body Blast (Zumba Light) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:20 pm – Weights 6:15 pm – TripleFIT 7:10 pm – STRONG Nation	9:10 am – Yoga 10:00 am – LIBB (Circuit) 10:50 am – Low Impact Body Blast (Zumba Light) 12:15 pm – Spin 5:20 pm – Body Sculpt 6:15 pm – Bounce 7:10 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Circuit	9:30 am – Boot Camp
	12	13	14	15	16	17
Closed for Thanksgiving	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:20 pm – TripleFIT 6:15 pm – Yoga 7:10 pm – Circuit	9:00 am – Weights 10:00 am – Low Impact Body Blast (Zumba Light) 11:00 am – Mommy & Me 12:15 pm – Butt & Gut 5:20 pm – Weights 6:15 pm – TripleFIT 7:10 pm – STRONG Nation	9:10 am – Yoga 10:00 am – LIBB (Circuit) 10:50 am – Low Impact Body Blast (Zumba Light) 12:15 pm – Spin 5:20 pm – Body Sculpt 6:15 pm – Bounce 7:10 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Circuit	9:30 am – Boot Camp	
19	20	21	22	23	24	
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26	27	28	29	30	31	
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				* Halloween Costume / Orange & Black Day *	* Halloween Costume / Orange & Black 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.