

OCTOBER 2021

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1				1	2
		Mommy & Me is an 8-week online workshop from 10/06 to 11/24	Advanced Weight Training is a 9-week workshop from 10/22 to 12/17	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Circuit	9:30 am – Boot Camp
4	5	6	7	8	9
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	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 Product Order	9:30 am – Boot Camp
11	12	13	14	15	16
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	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
Thanksgiving					
18	19	20	21	22	23
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	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 5:15 pm – Advanced Weight Training	9:30 am – Boot Camp
25	26	27	28	29	30
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	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 5:15 pm – Advanced Weight Training *Halloween Costume / Orange & Black Day*	9:30 am – Boot Camp *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.