

# NOVEMBER 2020

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</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>11:00 am</b> – Mommy & Me <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>5:15 pm</b> – Advanced Weight Training	<b>9:30 am</b> – Boot Camp
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</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>11:00 am</b> – Mommy & Me <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>5:15 pm</b> – Advanced Weight Training  <div style="background-color: black; color: yellow; text-align: center; padding: 5px;"><b>Product Order</b></div>	<b>9:30 am</b> – Boot Camp
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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>11:00 am</b> – Mommy & Me <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>5:15 pm</b> – Advanced Weight Training	<b>9:30 am</b> – Boot Camp
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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>11:00 am</b> – Mommy & Me <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>5:15 pm</b> – Advanced Weight Training  <div style="background-color: black; color: yellow; text-align: center; padding: 5px;"><b>Black Friday Sale</b></div>	<b>9:30 am</b> – Boot Camp
<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		Mommy & Me is an 8-week online workshop from 10/07 to 11/25	Due to COVID safety protocols, these classes are reduced to 30 minutes  <div style="background-color: #add8e6; padding: 5px;">Due to COVID safety protocols, these classes have a different start time</div>	Advanced Weight Training is a 6-week workshop from 11/06 to 12/11	

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).