

NOVEMBER 2024

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yellow = 30-minute class Blue = 45-minute class	Advanced Weight Training is a 9-week workshop running from 10/18 to 12/13 (each class is one-hour in length)	PREHAB is a 6-week workshop running from 11/14 to 12/19 (each class is 45 minutes in length)	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training 6:15 pm – Advanced Weight Training	9:30 am – Boot Camp
	4	5	6	7	8
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training 6:15 pm – Advanced Weight Training	9:30 am – Boot Camp
11	12	13	14	15	16
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 6:00 pm – PREHAB 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training 6:15 pm – Advanced Weight Training	9:30 am – Boot Camp
18	19	20	21	22	23
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 6:00 pm – PREHAB 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training 6:15 pm – Advanced Weight Training	9:30 am – Boot Camp
25	26	27	28	29	30
9:00 am – Boot Camp 10:00 am – LIBB (Circuit) 12:15 pm – Weights 5:15 pm – Boot Camp 6:00 pm – Zumba 7:00 pm – Butt & Gut	6:00 am – Boot Camp 9:00 am – Butt & Gut 12:15 pm – Spin 5:15 pm – Pilates 6:00 pm – Yoga 7:00 pm – Circuit	9:00 am – Weights 10:00 am – LIBB (Zumba) 12:15 pm – Butt & Gut 5:15 pm – Weights 6:00 pm – Pound Unplugged 6:45 pm – Yoga	6:00 am – Weights 9:15 am – Yoga 10:00 am – LIBB (Circuit) 10:45 am – LIBB (Zumba) 12:15 pm – Spin 5:15 pm – Butt & Gut 6:00 pm – PREHAB 7:00 pm – Weights	6:00 am – Circuit 9:00 am – Circuit 12:15 pm – Boot Camp 5:15 pm – Advanced Weight Training 6:15 pm – Advanced Weight Training	9:30 am – Boot Camp

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.