

DECEMBER 2020

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	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) 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 5:15 pm – Advanced Weight Training	9:30 am – Boot Camp
7	8	9	10	11	12
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) 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 5:15 pm – Advanced Weight Training Couch To Confident ends Product Order	9:30 am – Boot Camp
14	15	16	17	18	19
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21	22	23	24	25	26
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) 12:15 pm – Butt & Gut 5:20 pm – Weights 6:15 pm – TripleFIT 7:10 pm – STRONG Nation * Holiday Red & Green Day *	Closed for Christmas Eve * Christmas Eve *	Closed for Christmas Day * Christmas Day *	Closed for Boxing Day * Boxing Day *
28	29	30	31		
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) 12:15 pm – Butt & Gut 5:20 pm – Weights 6:15 pm – TripleFIT 7:10 pm – STRONG Nation	Closed for New Year's Eve * New Year's Eve *	Advanced Weight Training is a 6-week workshop from 11/06 to 12/11	Due to COVID safety protocols, these classes are reduced to 30 minutes Due to COVID safety protocols, these classes have a different start time

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.