

DECEMBER 2021

Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Advanced Weight Training is a 9-week workshop from 10/22 to 12/17	1	2	3	4
		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	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
6	7	8	9	10	11
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	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
13	14	15	16	17	18
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	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
20	21	22	23	24	25
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27	28	29	30	31	
Closed for Christmas Day (observed)	Closed for Boxing Day (observed)	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	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	Closed for New Year's Eve *New Year's Eve*	

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.