


# DECEMBER 2023

## Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Yellow = 30-minute class Blue = 45-minute class</p>	Advanced Weight Training is a 9-week workshop running from 10/20 to 12/15 (each class is one-hour in length)	Please note LIBB (Zumba) is cancelled on 12/06	<b>1</b>	<b>2</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <del><b>10:00 am</b> – LIBB (Zumba)</del> <b>CANCELLED</b> <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt &amp; Gut <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp <b>5:15 pm</b> – Advanced Weight Training</p> <p style="background-color: #FFD700; text-align: center;"><b>COUCH TO CONFIDENT ENDS</b></p> <p style="background-color: #000000; color: #FFD700; text-align: center;"><b>PRODUCT ORDER</b></p>	<b>9:30 am</b> – Boot Camp
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp <b>5:15 pm</b> – Advanced Weight Training</p>	<b>9:30 am</b> – Boot Camp
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p><b>9:00 am</b> – Boot Camp <b>10:00 am</b> – LIBB (Circuit) <b>12:15 pm</b> – Weights <b>5:15 pm</b> – Boot Camp <b>6:00 pm</b> – Zumba <b>7:00 pm</b> – Butt &amp; Gut</p>	<p><b>6:00 am</b> – Boot Camp <b>9:00 am</b> – Butt &amp; Gut <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Pilates <b>6:00 pm</b> – Yoga <b>7:00 pm</b> – Circuit</p>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt &amp; Gut <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp</p> <p style="background-color: #FF0000; color: #000000; text-align: center;"><b>HOLIDAY RED &amp; GREEN DAY</b></p>	<b>CLOSED FOR CHRISTMAS BREAK</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>CLOSED FOR CHRISTMAS DAY</b>	<b>CLOSED FOR BOXING DAY</b>	<p><b>9:00 am</b> – Weights <b>10:00 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Butt &amp; Gut <b>5:15 pm</b> – Weights <b>6:00 pm</b> – Pound Unplugged <b>6:45 pm</b> – Yoga</p>	<p><b>6:00 am</b> – Weights <b>9:15 am</b> – Yoga <b>10:00 am</b> – LIBB (Circuit) <b>10:45 am</b> – LIBB (Zumba) <b>12:15 pm</b> – Spin <b>5:15 pm</b> – Butt &amp; Gut <b>7:00 pm</b> – Weights</p>	<p><b>6:00 am</b> – Circuit <b>9:00 am</b> – Circuit <b>12:15 pm</b> – Boot Camp</p>	<b>9:30 am</b> – 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](http://www.inspiredbyfitness.ca).