MAY 2021
Monthly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
INSPIRED BY FITNESS	Please note the schedule on Monday, May 31st will be the same as Monday, May 17th; however, we are hopeful to be running it in our hybrid model (ie., in-studio & online)	Due to COVID safety protocols, these classes will be reduced to 30 minutes Due to COVID safety protocols, these classes will have a different start time	All classes shaded in green will be available online to our members only during the lockdown.		**9:30 am** – Boot Camp
3	4	5	6	7	8
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	**9:30 am** – Boot Camp
10	11	12	13	14	15
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 **Product Order**	**9:30 am** – Boot Camp
17	18	19	20	21	22
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	**9:30 am** – Boot Camp
24	25	26	27	28	29
Closed for Victoria Day ***Victoria Day***	**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	**9:30 am** – Boot Camp
31					
Same class schedule as Monday, May 17th					

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.