


# INSPIRED WEEKLY CALENDAR

As of August 6th 2018

Our class schedule is subject to change as we continue to grow - visit [www.inspired.bm](http://www.inspired.bm) for our latest class calendar.

	MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th	SATURDAY 11th	♥ = Lower Impact
9:00 - 9:45am							 <p><i>Join Us</i></p> <p>in our Inspired Lounge for a TEA OR COFFEE</p> <p>Our Cafe is by DONATIONS only as we raise funds to help keep the doors open!</p> <p><b>Monday-Friday</b> 9:30am - 5pm</p> <p><b>Saturday</b> 10:00am - 3:30pm</p> <p><b>DID YOU KNOW?</b> Now you can reserve space for you and your friends in ALL of our amazing classes</p> <p><b>TO BOOK NOW - visit</b> <a href="http://www.inspired.bm">www.inspired.bm</a></p>
10:00 - 10:45am	Zumba Gold <small>♥</small> Caroline Mulholland	Golden Tone & Circuit Mikia McGowan <small>♥</small>			Tone & Circuit Mikia McGowan	Yoga (Hatha) 10:30-11:25pm Maryem Biadillah	
11:00 - 11:45am			Zumba Gold <small>♥</small> Caroline Mulholland	Pilates <small>♥</small> Sarah Miles			
12:00 - 12:45pm	Zumba Jen Ward		Zumba Jen Ward	Zumba Gold <small>♥</small> Caroline Mulholland	Zumba Jen Ward		
1:00 - 1:45pm	Core Fusion Mikia McGowan	BODYSHRED Annette Lewis		BODYSHRED Annette Lewis			
2:00 - 3:00pm						Zumba 2:30-3:25pm Jen Ward	
3:00 - 4:00pm							
4:00 - 4:45pm							
5:00							
5:30 - 6:25pm	Zumba Jen Ward	Yoga (Vinyasa) Mel Dupres	Zumba Jane Walker	Yoga (Vinyasa) Mel Dupres	Zumba Jackie Poole		
6:30 - 7:25pm	Men's Hour Yoga Robin Holder	Zumba Gold <small>♥</small> Caroline Mulholland					
7:30 - 8:30pm		Qigong <small>♥</small> Ammuaakhu Sahnera	<b>ON HOLD UNTIL AUGUST 15th!</b> Zumba Jen Ward	Yoga (Hatha) Robin Holder			



**LOCATION:**  
Sofia House,  
Ground Floor  
48 Church Street,  
Hamilton  
Beside the main  
Post Office