

# it's time! Group Training Schedule June 23, 2018

Red = Backsmart      Orange = Intermediate  
Green = All Levels      Blue = Advanced

| TIME    | MONDAY | TUESDAY   | WEDNESDAY                                      | THURSDAY                                   | FRIDAY  | SATURDAY  | SUNDAY  |    |
|---------|--------|---|--|--|---|---|---|----|
| 6 a.m.  | 00     | POWER HOUR<br>Andrea<br>(max 10)                | 00   | POWER HOUR<br>Andrea<br>(max 10)           | POWER HOUR<br>Briana<br>(max 10)                  |   |   |    |
|         | 15     |   | 15   |  |   |   |   |    |
|         | 30     |   | 30   |  |   |   |   |    |
|         | 45     |   | 45   |  |   |   |   |    |
| 7 a.m.  | 00     | BACKSTRONG<br>Andrea<br>(max 10)                | BACKSTRONG SMALL GROUP<br>Christina<br>(max 6) | BACKSTRONG<br>Andrea & Jessica<br>(max 10) | BACKSTRONG<br>Sheila & Briana<br>(max 10)         |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 8 a.m.  | 00     | KETTLEBELL<br>CONDITIONING<br>Andrea<br>(max 8) | WONDER<br>WOMEN<br>Andrea<br>(max 6)           | SWEAT SESH<br>Andrea<br>(max 8)            | BODY BLAST<br>Briana<br>(max 6)                   | MORNING<br>KETTLEBELLS<br>Jessica<br>(80 minutes)<br>(max 10) | FUNCTIONAL<br>STRENGTH<br>Christina<br>(max 10)       |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 9 a.m.  | 00     | BACKSTRONG<br>Martin & Jessica<br>(max 10)      | BACKSTRONG SMALL GROUP<br>Christina<br>(max 6) | BACKSTRONG<br>Briana & Jessica<br>(max 10) |   | BODY<br>MAINTENANCE<br>Jessica & Martin<br>(max 10)           | BODY<br>MAINTENANCE<br>Christina & Martin<br>(max 10) |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 10 a.m. | 00     |   |  |  | BACKSTRONG<br>SMALL GROUP<br>Christina<br>(max 6) | KETTLEBELL<br>TECHNIQUE<br>Sheila & Jessica<br>(max 10)       | SUNDAY SCULPT<br>Martin & Christina<br>(max 10)       |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 11 a.m. | 00     |   |  |  |   | FRIDAY HIIT<br>Briana<br>(max 10)                             |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 12 p.m. | 00     |   |  |  |   | CARS<br>CORE &<br>CARDIO<br>Sheila & Marty<br>(max 6)         | TEEN FUNCTIONAL<br>STRENGTH<br>Martin<br>(max 8)      |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 1 p.m.  | 00     |   | INTRINSIC<br>STRENGTH<br>Andrea<br>(max 6)     |  | STRENGTH<br>PLUS<br>Martin<br>(max 6)             |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 2 p.m.  | 00     |   |  |  |   |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 3 p.m.  | 00     | BARS 'N' BELLS<br>Martin<br>(max 10)            | STRETCH AND<br>CORE<br>Jessica<br>(max 10)     | STRETCH<br>Dave<br>(max 10)                | BARS 'N' BELLS<br>Martin<br>(max 10)              | KETTLEBELLS &<br>KORE<br>Dave<br>(max 10)                     |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 4 p.m.  | 00     | BARS 'N' BELLS<br>Martin<br>(max 10)            | SWIM FIT<br>Jessica & Dave<br>(max 10)         | CHISEL<br>Dave & Briana<br>(max 10)        | KETTLEBELL<br>ATHLETICS<br>Dave<br>(max 10)       |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 5 p.m.  | 00     |   |  |  |   |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 6 p.m.  | 00     |   |  |  |   |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |
| 7 p.m.  | 00     |   |  |  |   |   |   |    |
|         | 15     |   |  |  |   |   |   | 15 |
|         | 30     |   |  |  |   |   |   | 30 |
|         | 45     |   |  |  |   |   |   | 45 |

Signing up for group ahead of time is strongly encouraged, as spots fill up. Sign up at [www.itstimefitnessresults.com](http://www.itstimefitnessresults.com), using the Mindbody app, or by phoning 604-988-8463. Workshops are not included in the membership packages, please call to register.

## Group Levels

### **Backsmart**

Get back to strength. Everybody is welcome. Best for anyone overcoming pain or injury, or new to fitness. 2 instructors to allow for increased supervision.

### **All-Levels**

For anyone with no current acute pain or injury that would prevent them from performing exercise. Must have an understanding of basic movements (rolling, planks, hinge, squat). Some of these classes will have 2 instructors.

### **Intermediate**

Must have familiarity with kettlebell skills (level 1). Must be comfortable with basic strength moves (deadlift, squat, push up progression). No current pain or injury. Must have a capacity to work at a moderate intensity.

### **Advanced**

Thorough knowledge of kettlebell skills is required. Must have capacity to work at a high intensity. Appropriate baseline strength (push ups, chin-up progression, barbell deadlift). Experience is required.