

it's time! Group Training Schedule October

Red = Backsmart
Green = All Levels

Orange = Intermediate
Blue = Advanced

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m.	00		EXPERT KETTLEBELLS Andrea (max 8)					
	15							
	30							
	45							
7 a.m.	00	POWER HOUR Andrea (max 10)		POWER HOUR Jessica (max 8)	POWER HOUR Christina (max 8)	POWER HOUR Briana (max 10)		
	15							
	30							
	45							
8 a.m.	00	BACKSTRONG Andrea (max 8)	BACKSTRONG SMALL GROUP Christina (max 8)	BACKSTRONG Jessica (max 8)		BACKSTRONG Briana (max 10)		
	15							
	30							
	45							
9 a.m.	00	KETTLEBELL CONDITIONING Andrea (max 8)	WONDER WOMEN Andrea (max 6)	SWEAT SESH Andrea (max 8)	BODY BLAST Briana (max 8)	KETTLEBELL CONDITIONING Briana (max 8)	MORNING KETTLEBELLS Jessica (max 10)	OPEN GYM TIME Christina (max 10)
	15							
	30							
	45							
10 a.m.	00	BACKSTRONG Jessica (max 6)		BACKSTRONG Briana & Jessica (max 10)			BODY MAINTENANCE Jessica & Martin (max 10)	BODY MAINTENANCE Christina & Martin (max 10)
	15							
	30							
	45							
11 a.m.	00					BACKSTRONG Christina (max 6)		
	15							
	30							
	45							
12 p.m.	00					BOOTY BUSTER Christina (max 8)	KETTLEBELL TECHNIQUE Sheila & Jessica (max 8)	SUNDAY SCULPT Martin (max 10)
	15							
	30							
	45							
1 p.m.	00					FRIDAY HIIT Briana (max 10)		BOOTY BUSTER Christina (Max 10)
	15							
	30							
	45							
2 p.m.	00	HIIT THAT BOOTY AND CORE Jessica (max 6)	KETTLEBELL ACADEMY Andrea (max 4)				CARS CORE & CARDIO Sheila & Martin (max 8)	OPEN GYM TIME Supervised by Martin (max 15)
	15							
	30							
	45							
3 p.m.	00		INTRINSIC STRENGTH Andrea (max 8)		STRENGTH PLUS Martin (max 8)			
	15							
	30							
	45							
4 p.m.	00			KETTLEBELL TECHNIQUE Sheila (max 4)				
	15							
	30							
	45							
5 p.m.	00		STRETCH AND CORE Jessica (max 10)		STRETCH CORE & CARDIO Martin (max 10)	KETTLEBELLS & KORE Dave (max 10)		TEEN FUNCTIONAL STRENGTH Martin (Max 10)
	15							
	30							
	45							
6 p.m.	00	BARS 'N' BELLS Martin (max 10)	KETTLEBELL STRENGTH Dave & Jessica (max 10)	CHISEL Dave & Briana (max 10)	KETTLEBELL ATHLETICS Dave & Martin (max 10)	BACK TO STRENGTH Martin (max 10)		
	15							
	30							
	45							
7 p.m.	00							
	15							
	30							

Signing up for group ahead of time is strongly encouraged, as spots fill up. Sign up at www.itstimefitnessresults.com, using the Mindbody app, or by phoning 604-988-8463.

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.