

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Open Gym	Class Studio	Open Gym	Class Studio	Open Gym	Class Studio	Open Gym	Class Studio	Open Gym	Class Studio	Open Gym	Class Studio	Open Gym	Class Studio	
MORNING	7 - 7:45 NO LIMIT BOOT CAMP		7 - 7:45 MOVE STRONG		7 - 7:45 MORNING HUSTLE	7:15 - 8:15 PILATES: POWER FLOW	7 - 7:45 MOVE STRONG	7:15 - 8:15 CYCLE: BEATS & BURN	7 - 7:45 FIT FLOW		9 - 10 MORNING HUSTLE				
											10:30 - 11:30 TOTAL BODY BOOT CAMP	10 - 11 CYCLE: BEAT & BURN	10:30 - 11:30 PILATES: POWER FLOW	10 - 11 CYCLE: BEATS & BURN	
			11:30 - 12 TRX FUSION		11:30 - 12 TRX FUSION	11:30 - 12:15 PILATES: INT		11:30 - 12:15 DEFINITION *NEW TIME*	11:15 - 12 ROCK THE WORKOUT		11:30 - 12:30 FORM + FUNCTION	11 - 12 PILATES: INT	11:30 - 12:30 ATHLETIC AGILITY	11:30 - 12:30 YOGA: VINYASA	
AFTERNOON	12 - 1 NO LIMIT BOOTCAMP	12 - 1 CYCLE: BEATS & BURN	12 - 1 BOXING BOOT CAMP: LOWER BODY	12 - 1 YOGA: YIN	12 - 1 BOXING BOOT CAMP: UPPER BODY	12:30 - 1:15 PILATES: ALL LEVELS	12 - 1 NO LIMIT BOOT CAMP		12 - 12:45 ROCK THE WORKOUT	12 - 1 CYCLE: BEATS & BURN *NEW TIME*		12:30 - 1:45 YOGA: YIN/YANG			
		1 - 2 YOGA: CORE FLOW	1 - 1:45 ROCK THE BELLS					1 - 2 YOGA: CORE FLOW							
EVENING	5 - 5:30 BODY BLAST						5 - 5:30 BODY BLAST								
	5:30 - 6:15 KETTLEBELLS	5:30 - 6:30 CYCLE: BEATS AND BURN	5:30 - 6:15 FIT FLOW	5:30 - 6:30 YOGA: CORE FLOW	5:30 - 6:30 OVERHAUL	5:30 - 6:30 YOGA: VINYASA	5:30 - 6:15 TRX FUSION	5:30 - 6:30 PILATES: ALL LEVELS	5:30 - 6:15 KETTLEBELLS	5:30 - 6:30 MOBILITY & CORE STABILITY					
	6:15 - 7:15 HIIT WORKOUT	6:30 - 7:30 PILATES: INT	6:15 - 7 TRX FUSION	6:30 - 7:30 CYCLE: BEATS & BURN	6:30 - 7:30 EVENING HUSTLE	6:30 - 7:30 PILATES: ALL LEVELS	6:15 - 7:15 FULL BODY BURN								
	7:15 - 8:15 FULL BODY BURN														



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MONDAY - FRIDAY 6:00 AM - 10:00 PM

SATURDAY 8:00 AM - 6:00 PM

SUNDAY 9:00 AM - 6:00 PM

improve your life.

SIGNING UP FOR CLASSES

Sign up for classes online, by phone or in person at our front desk up to 48-hours in advance.

Contact our front desk or membership team to set up your online account and password.

Arrive on time. Entry to classes is cut off 5 minutes after the scheduled start time. This is to avoid disrupting the flow of the class and to ensure your safety with a proper warm up and safe progression.

Once class has begun, if you are not present your spot may be given to a member on the wait list, in order.

If you are on the wait list please do not enter the class until the instructor takes attendance and allows you into the class.

If have signed up for class and can no longer attend, please remove yourself online or contact front desk.

GET THE MOST OUT OF TOTUM

We recommend that you discuss classes with your Totum Personal Trainer or Membership Consultant. Our trainers will work with you to determine the best combination of classes and personal workouts for your unique goals and interests.

Class instructors work closely with our training and clinic teams. Speak to us about training and clinic services to complement your activities and keep you performing effectively. If you are injured, please speak with your instructor at the start of class for modifications or referrals to our clinic.

King St W – Class Descriptions

Athletic Agility: Split into 2 halves. This class works on developing force with speed and agility while the body's fresh before jumping into a host of different patterns and planes of movement. A high tempo workout that will get your heart rate up and your legs calling out to you. Not a Boot Camo. (Advanced)

Body Blast: 30 minutes of high intensity interval training with a challenging mix of cardio and plyometric drills combined with full-body weight training.

Boxing Boot Camp: This class incorporates full-body calisthenics plus boxing bag work. It's an excellent addition to strength and/or cardio training to break your fitness or weight-loss plateau. (Beginner/Intermediate)

Cycling –Beats & Burn: Get your cardio sweat on with this simulated road ride while listening to music to get you pushing hard. (Beginner/Intermediate)

Definition: Lighter weights are used for this class which focuses on form, injury prevention, and exercises that put your heart rate into the fat burning zone. You'll find the underdeveloped muscles which you never knew you had! (Beginner/Intermediate)

Fit Flow: A full body interval style workout that draws from various disciplines (calisthenics, yoga, sport specific training) to create a functional and toned body. (Beginner/Intermediate)

Full Body Burn: A high intensity, fast paced workout combining cardio and strength training that keeps you moving and sweating up until that very last minute. (Advanced)

Form + Function: With an emphasis on proper mechanics in baseline exercises, such as split squats and push-ups; this class will improve your force development, multiplanar and ballistic movements, along with building core strength. This is not a boot camp style class. Ideal for those who sit at a desk all week. (Intermediate)

Kettlebells / Kettlebell-TRX: Build muscular strength and endurance using iron kettlebells for resistance. This high intensity workout will help you burn fat while adding new fitness skills to your repertoire.

Mobility & Core Stability: This class focuses on breathing and dynamic stretching to open hamstrings, hips, back & shoulders. By alleviating the tight muscles & joints, the abdominals will be more willing to activate. Small segments of abdominal work will restore balance to the body.

Morning/Evening Hustle: Start your morning or end your day with a series of strength, core and cardio exercises to provide a well-rounded workout. Throughout this class you will perform medium to high repetitions along with timed intervals that will strengthen and tone all major muscle groups. Come ready to sweat!

Move Strong: A mix between activation techniques and compound exercises designed to help you to get the most out of your workout while perfecting form. This is a circuit workout that targets the full body through functional movement patterns. (Beginners/Intermediate)

No Limit Boot Camp: This class incorporates full-body calisthenics plus strength and cardio intervals. It's an excellent addition to strength and/or cardio training to break your fitness or weight-loss plateau. (Beginner/Intermediate)

Overhaul: This circuit class alternates strength training drills with cardio training drills. These timed circuits are sure to challenge all skill levels and give your body an excellent overhaul workout. (Beginner/Intermediate)

Pilates: A series of exercises based on the work of Joseph Pilates to strengthen muscles with a focus on the body's CORE. All classes are mat-based. (Beginner/Intermediate)

Pilates = Power Flow: This class is designed to rev up the intensity and focus on power and stability of the legs, hips, core, and arms. The main focus is on preventing injury while improving control and precision. The use of props helps to condition the entire body and the fluid, flowing movement enhances core stamina. (Beginner/Intermediate)

Rock the Bells: An eclectic mix of kettlebells, core strengthening moves and old school hip hop. (Beginner/Intermediate)

Rock The Workout: A 45-minute, high energy boot camp style workout comprised of different combinations of exercises that target every muscle and joint moving through every plane of motion. (Beginner/Intermediate)

TRX Fusion: An up-beat full-body workout using the TRX suspension system that leverages gravity and your bodyweight, combined with varying equipment each week. (Intermediate/Advanced)

Yoga - Core: This invigorating and dynamically flowing vinyasa yoga class focuses on linking the breath with yoga sequences that strengthen, stretch and stabilize the core of your physical body leaving you feeling refreshed and revived. Suitable to anyone looking to experience a multi-level yoga class. (Beginner/Intermediate)

Yoga - Vinyasa: It's a dynamic class that combines eastern philosophy with vigorous movement that flows in synchronicity with the rhythm of your breath. Traditional Ashtanga yoga sequences are taught with creative variations each week that include challenging body work and mindful integration that cultivate deeper mind-body connection for all aspects of life. (Beginner/Intermediate)

Yoga - Yin: Most forms of yoga are Yang, emphasizing muscular movement and contraction. By contrast, Yin Yoga targets the connective tissue of the hips, pelvis and lower spine by holding postures for several minutes, which helps to release tension and free your joints. (Beginner/Intermediate)

Yoga – Yin/Yang: The best of several styles of Yoga blended into one class (Hatha, Ashtanga & Iyengar). All levels are welcome. (Beginner/Intermediate)