

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	gym	studio	gym	studio	gym	studio	gym	studio	gym	studio
MORNING	7- 7:45 Athletica Danielle		7-7:45 Metcon Circuit X Cassidy		7-7:50 Smarter Strength Jerome	7:15-8:15 Core Lab: Pilates Jane	7-7:45 Metcon Circuit X Anne Marie	7:15-8:15 Performance Ride Kendra	7-7:45 Movement Lab Brian	
			11:15-12 Athletica Mace		11:15-12 Metcon Circuit X Mace				11:15-12 Metcon Circuit X Mace	
AFTERNOON	12-12:50 Athletica Kimberly	12-12:45 Performance Ride Megan	12:05-12:50 Metcon Circuit X Paluna	12-1 Regen Lab: Yoga Yin Queenly	12:05-12:50 Athletica Paluna		12-12:50 Metcon Circuit X Kimberly	12-12:45 Movement Lab Paluna	12:05-12:50 Athletica Mace	12-12:45 Performance Ride Danielle
						12:30-1:15 Core Lab: Pilates Alwynn				
		1-2 Regen Lab: Yoga Flow Sierra	1-1:45 Athletica Mace					1-2 Regen Lab: Yoga Flow Queenly		
EVENING	5-5:30 Metcon Circuit X Anne Marie						5-5:30 Metcon Circuit X Tina			
	5:30-6:15 Athletica: Kettlebells Deborah	5:30-6:15 Performance Ride Anne Marie	5:30-6:15 Movement Lab Paluna	5:30-6:30 Regen Lab: Yoga Flow Sierra	5:30-6:20 Metcon Circuit X Karey	5:30-6:30 Regen Lab: Yoga Vinyasa Queenly	5:35-6:20 Metcon Circuit X Michaela	5:30-6:30 Core Lab: Pilates Kathryn	5:30-6:15 Athletica: Kettlebells Deborah	5:30-6:30 Core Lab Karey
	6:15-7:00 Metcon Circuit X Anne Marie	6:30-7:30 Core Lab: Pilates Faye	6:20-7:05 Metcon Circuit X Michaela	6:35-7:20 Performance Ride Danielle	6:30-7:20 Metcon Circuit X Megan	6:35-7:35 Core Lab: Pilates Dorota	6:25-7:15 Athletica Danielle		6:20-7:20 Athletica: Boxing Gregor	
	7:00-8:00 Athletica: Boxing Gregor		7:10-8 Smarter Strength Jerome							

SATURDAY		SUNDAY	
gym	studio	gym	studio
9-9:50 Movement Lab Megan			
10-10:50 Metcon Circuit X Danielle	10-10:50 Performance Ride JS	10:30-11:30 Core Lab: Pilates Queenly	10-11 Performance Ride Kendra
11-11:50 Athletica Danielle	11-12 Core Lab: Pilates		11:30-12:30 Regen Lab: Yoga Vinyasa Queenly
	12:15-1:30 Regen Lab: Yoga Yin Yang Queenly		

Club Hours:
 Monday - Friday: 6am-10pm
 Saturday: 8am-6pm
 Sunday: 9am-6pm

totumlifescience
 445 King St. W, Suite 101
 Toronto, ON M5V 1K4
 416.979.2449
www.totum.ca

Connect With Us

 

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METCON CIRCUIT X	Sweat, burn, breathless, repeat. 10 stations. 3 rounds. A signature format co-formulated by Totum's integrative performance training team to drive results in all areas of fitness. Aimed at building versatility, endurance, and resilience. "Get in, GET IT, get out".
SMARTER STRENGTH	A technique-driven training experience focused on fundamental strength exercises like the deadlift, squat, bench press, and pull up. Explore true strength training by tracking results, implementing progressions and regressions strategically, and receive corrective coaching. A variety of cues and tools will be used to enhance feedback mechanisms and overall engagement. "Give strength tips, they train for a day, teach strength techniques, they train for a lifetime."
ATHLETICA	Athletic interval training with interchanging cardio conditioning and strength work. Multi-device, multi-joint, multi-planar movements, all packed into one highly efficient and effective game-changing experience. Use this class to better your proficiency in the sport of life. "Unleash your inner athlete."
CHALLENGE OF THE MONTH	Challenge of the month! A full-bodied high performance routine designed by Totum's integrative performance training team. Use this challenge to benchmark your fitness progress, track your results, and break through plateaus. "There is no change without challenge."
MOVEMENT LAB	A full spectrum exploration of movement. Qigong to animal flow to kettlebell to kickbox to dance to Push Band Technology. "When you explore and experiment with embodiment, the possibilities are endless."
CORE LAB	A functional class aimed at future proofing the core, hips, spine, and trunk. Learn to truly activate, engage, rotate, and create torque from the powerhouse of the human body. "Core intuition, integration, and integrity is the foundation to it all."
REGEN LAB	Empowerment through self care. Explore kinesiotherapy through modalities like mobility, yoga, breathwork, bands, and massage. "You owe it to yourself."
RIDE PERFORMANCE	A high-intensity indoor cycling experience aimed at pushing power with intelligent interval pacing. Drills include cadence play, climbs, and sprints. "Zone in to zone out, work in to work it out, just do you."

CLASS LEVELS

Foundational (Consciousness)

These classes will focus on uncovering biases and blindspots, and correcting bad habits. They will identify the root causes of dysfunction and help connect the dots for fundamental progression.

Development* (Competency)

With a variety of regressions and progressions, these classes aim to build on the foundations by tasking the participants to deploy a broader range of skills and abilities. Development classes are the practice for the performance.

Performance** (Competition & Creativity)

Performance-based classes will challenge capacity, push limits, and explore threshold and tolerance in intensity and movement integrity.