

Sheila Hamilton Movement Garden Virtual Schedule August/September 2025

Red = Starting Out Green = All Levels Orange = A Notch Up Purple = Instructor Permission Required

Register for classes using MindBody on your phone app or browser, or use the direct links. Sign in 5-10 minutes before class please.
If the links do not work for some reason please scroll down to see the Zoom Meeting ID and password is always: **kettlebell** Of course!

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 a.m.	00							
	15							
	30							
	45							
7 a.m.	00							
	15							
	30							
	45							
8 a.m.	00							
	15							
	30							
	45							
9 a.m.	00	VIRTUAL KETTLEBELL CONDITIONING Sheila		FUNCTIONAL STRENGTH Sheila	VIRTUAL GROW YOUR STRENGTH Sheila	VIRTUAL KETTLEBELL CONDITIONING Sheila		
	15							
	30							
	45							
10 a.m.	00							
	15	VIRTUAL STRENGTH OBJECTIVE Sheila		VIRTUAL STRENGTH OBJECTIVE Sheila		VIRTUAL STRENGTH OBJECTIVE Sheila		
	30							
	45							
11 a.m.	00							
	15							
	30							
	45							
12 p.m.	00							
	15							
	30							
	45							
1 p.m.	00							
	15							
	30							
	45							
2 p.m.	00							
	15							
	30							
	45							
3 p.m.	00							
	15							
	30							
	45							
4 p.m.	00							
	15							
	30							
	45							
5 p.m.	00							
	15							
	30							
	45							
6 P.M.	00							
	15							
	30							
	45							

CLICK ON ANY CLASS TO ACCESS THE ZOOM LINK

Group Skill Levels

Red Starting Out

Everybody is welcome and best for anyone overcoming pain or injury, or new to fitness.

All Levels

For anyone with no current acute pain or injury that would prevent them from performing exercise. Has an understanding of basic movements (planks, deadlift, squat).

Pick It Up a Notch

No current pain or injury. Has familiarity with basic kettlebell skills and has a capacity to work at a moderate intensity when required or modify to suit your fitness level.