



PowerWest Athletics Studio

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Scan our QR Code for schedule and to register. COED and Women's ONLY programs. Group, Personal Training (PT), CO-ED and Women Only If those times are NOT showing online, it's because they are now booked BUT we can add times – please ask us! mena@telus.net 250-415-5983. "Committed to making community a better place".</p>			1 Happy New Year! Wishing you good health, great happiness and a whole lot of push-ups!	2 6am Rise n' Grind 9:15am Spin 5pm Dirty 30'	3 8am 50' Fit 9:15am 50' Fit
4 11am Dirty 30' 12pm Kickboxing Personal Training options open – ASK!	5 6:30am Dirty 30' 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2	6 6am Rise n' Grind 7am & 2:30 Personal Training PT 4, 5, 6pm 50' Fit 7:15pm Yoga 8:15pm Private team	7 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	8 Mornings open and 2:30pm personal training 4, 5, 6pm 50' Fit 7:30pm – Kickboxing	9 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' 6pm Line Dancing	10 8am 50' Fit 9:15am 50' Fit Personal Training options open – ASK!
11 11am Dirty 30' 12pm Kickboxing Personal Training options open – ASK!	12 6:30am Dirty 30' 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	13 6am Rise n' Grind 7am & 2:30 PT 4, 5, 6pm 50' Fit 7:15pm Yoga 8:15pm Private team	14 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	15 Mornings open and 2:30pm personal training 4, 5, 6pm 50' Fit 7:30pm – Kickboxing	16 6am Rise n' Grind 9:15am Spin 5pm Dirty 30'	17 8am 50' Fit 9:15am 50' Fit Personal Training options open – ASK!
18 11am Dirty 30' 12pm Kickboxing Personal Training options open – ASK!	19 6:30am Dirty 30' 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	20 6am Rise n' Grind 7am & 2:30 PT 4, 5, 6pm 50' Fit 7:15pm Yoga 8:15pm Private team	21 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	22 Mornings open and 2:30pm personal training 4, 5, 6pm 50' Fit 7:30pm – Kickboxing	23 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' 6pm Line Dancing	24 8am 50' Fit 9:15am 50' Fit Personal Training options open – ASK!
25 11am Dirty 30' 12pm Kickboxing Personal Training options open – ASK!	26 6:30am Dirty 30' 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	27 6am Rise n' Grind 7am & 2:30 PT 4, 5, 6pm 50' Fit 7:15pm Yoga 8:15pm Private team	28 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	29 Mornings open and 2:30pm personal training 4, 5, 6pm 50' Fit 7:30pm – Kickboxing	30 6am Rise n' Grind 9:15am Spin 5pm Dirty 30'	31 8am 50' Fit 9:15am 50' Fit Personal Training options open – ASK!