



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' 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 Personal Training options open – ASK! |
| 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! |
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