



# PowerWest Athletics Studio

## March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11am Dirty 30'	2 6:30am Dirty 30' 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	3 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga 8:15pm Private team	4 6:30am Dirty 30' 9:15am Fitty-9' Forever  5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	5 <b>Holes in our calendar? This could be YOU in a personal training session!</b> 2:30 PT sessions 4, 5, 6pm 50' Fit 7:30pm – Kickboxing	6 6am Rise n' Grind  9:15am Spin  5pm Dirty 30' 6pm Line Dancing	7 8am 50' Fit 9:15am 50' Fit 10:30am HIIT <b>SPECIAL 11am – 1pm celebration of WOMEN Walk 2.5k, Run 4k COME!!</b> 	
8 GODDESS EVENT!! 11am Dirty 30' 12pm Kickboxing	9 6:30am Dirty 30' 9:15am Fitty-9' Fit  5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	10 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	11 6:30am Dirty 30' 9:15am Fitty-9 fit  5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	12 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	13 6am Rise n' Grind  5pm Dirty 30' 6pm Special Spin Class in support of Wear To Start!	14 8am 50' Fit 9:15am 50' Fit 10:45a	
15 11am Dirty 30' 12pm Kickboxing	16 6:30am Dirty 30'  5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	17 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	18 6:30am Dirty 30' 9:15am Fitty-9 fit  5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	19 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	20 6am Rise n' Grind  9:15am Spin  5pm Dirty 30' 6pm Line Dancing	21 8am 50' Fit 9:15am 50' Fit 10:45am HIIT	
22 11am Dirty 30' 12pm Kickboxing	23 6:30am Dirty 30'  9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	24 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	25 6:30am Dirty 30' 9:15am Fitty-9 fit  5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin	26 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	27 6am Rise n' Grind  9:15am Spin  5pm Dirty 30'	28 8am 50' Fit 9:15am 50' Fit 10:45am HIIT	
29 11am Dirty 30' 12pm Kickboxing	30 6:30am Dirty 30'  9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	31 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	<p><i>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal &amp; group training. <a href="#">Click here to Register</a> and scroll DOWN under the skating programs to see what's going on in the PWA Fitness Studio.</i></p> <p><i>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean.</i></p> <p><i><a href="mailto:mena@telus.net">mena@telus.net</a> 250-415-5983</i></p> <p><b>NEW at PWA – HIIT = High Intensity Interval Training will build your cardiovascular capacity and your physical strength! Saturdays 10:45am 😊</b></p>				