



PowerWest Athletics Studio

April 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p><i>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training. Click here to Register 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>1 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p> | <p>2 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p> | <p>3 6am Rise n' Grind</p> <p>9:15am Spin</p> <p>5pm Dirty 30' 6pm Line Dancing</p> | <p>4 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p> |
| <p>5 Happy Easter!</p>  <p>11am Dirty 30'</p> | <p>6 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p> | <p>7 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p> | <p>8 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p> | <p>9 i 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p> | <p>10 6am Rise n' Grind</p> <p>5pm Dirty 30' 6pm Special Spin Class in support of KidsRun Victoria</p> | <p>11 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p> |
| <p>12 11am Dirty 30' 12pm Kickboxing</p> | <p>13 6:30am Dirty 30' 9:15am Forever Fit 4:30pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p> | <p>14 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p> | <p>15 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p> | <p>16 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p> | <p>17 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 5pm Dirty 30' 6pm Line Dancing</p> | <p>18 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p> |
| <p>19 11am Dirty 30' 12pm Kickboxing</p> | <p>20 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p> | <p>21 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p> | <p>22 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p> | <p>23 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p> | <p>24 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 5pm Dirty 30'</p> | <p>25 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p> |
| <p>26 11am Dirty 30' 12pm Kickboxing</p> | <p>27 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p> | <p>28 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p> | <p>29 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p> | <p>30 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p> | <p>You can contact Mena at 250-415-5983 mena@telus.net</p>  | |