



PowerWest Athletics Studio

May 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|--|
|  <p>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training. Click here to Register Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean. mena@telus.net 250-415-5983</p> | | | | | 1 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing | 2 8am 50' Fit 9:15am 50' Fit 10:30am HIIT KidsRun Victoria Race Package Pick-up & bottle drive 12-3pm  |
| 3 17th annual KidsRun Victoria event 12pm Kickboxing | 4 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 5 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga | 6 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin | 7 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 8 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 5pm Dirty 30' | 9 8am 50' Fit 9:15am 50' Fit 10:45am HIIT 12-1:30pm Sole Sisters Walk/Run Club Reunion, everyone welcomed! |
| 10 11am Dirty 30' 12pm Kickboxing | 11 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 12 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga | 13 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin | 14 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 15 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing | 16 8am 50' Fit 9:15am 50' Fit 10:45am HIIT Sole Sisters Reunion walk/run and talk |
| 17 11am Dirty 30' 12pm Kickboxing | 18 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 19 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga | 20 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin | 21 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 22 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 5pm Dirty 30' | 23 8am 50' Fit 9:15am 50' Fit 10:45am HIIT |
| 24 Ironman volunteer crew 11am Dirty 30' 12pm Kickboxing | 25 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 26 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga | 27 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin | 28 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 29 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing | 30 8am 50' Fit 9:15am 50' Fit 10:45am HIIT |