



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 10:45am 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 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 Happy Mother's Day  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 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	15 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing	16 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
17 11am Dirty 30' 12pm Kickboxing	18 Victoria Day!  9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2	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
31 11am Dirty 30' 12pm Kickboxing						



PowerWest Athletics Studio

May 2026

--	--	--	--	--	--	--



PowerWest Athletics Studio

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm no Pilates today 7pm Full Body Fit</p>	<p>2 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>3 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm No Pilates 5:45pm HIIT 7pm Spin</p>	<p>4 2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>5 6am Rise n' Grind 9:15am Spin and 10:15am Strength/Stretch will return June 19 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing</p>	<p>6 Breakfast Club Saturday! Enjoy fruit/bars/snacks – we got you! 8am 50' Fit 9:15am 50' Fit 10:45am HII</p>
<p>7 11am Dirty 30' 12pm Kickboxing 1-7pm 1st Aid/CPR course – open for registration</p>	<p>8 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>9 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>10 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p>	<p>11 2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>12 6am Rise n' Grind 4pm Count Me In 5pm Dirty 30'</p>	<p>13 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>14 11am Dirty 30' 12pm Kickboxing</p>	<p>15 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>16 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>17 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p>	<p>18 2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>19 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing</p>	<p>20 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>21 11am Dirty 30' 12pm Kickboxing</p>	<p>22 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>23 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>24 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p>	<p>25 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>26 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing</p>	<p>27 8am 50' Fit 9:15am 50' Fit 10:45am HIIT 12-1:30pm Sole Sisters Walk/Run Club Reunion #2, everyone welcomed! </p>
<p>28 11am Dirty 30' 12pm Kickboxing</p>	<p>29 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>30 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p><i>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training. Click here to Register</i> <i>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean.</i> mena@telus.net 250-415-5983</p>			



PowerWest Athletics Studio

June 2026