



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						



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