



PowerWest Athletics Studio

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>			<p>1 8am Spin Class Then...closed for Happy Canada Day!</p> 	<p>2 1:15pm PT Session 2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>3 6am Rise n' Grind 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing</p>	<p>4 Breakfast Club  Saturday! Enjoy fruit/bars/snacks – we got you! 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>5 11am Dirty 30' No kickboxing today</p>	<p>6 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 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 5pm HIIT 6pm Dirty 30'</p>	<p>9 2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>10 6am Rise n' Grind 7:15am PT Session 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30'</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 4pm HIIT 5pm Dirty 30' 6pm Pilates 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 5pm HIIT 6pm Dirty 30'</p>	<p>16 2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>17 6am Rise n' Grind 7:15am PT Session 9:15am Spin 10:15am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing 7pm Camino Chat 😊</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 HIIT 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 5pm HIIT 6pm Dirty 30'</p>	<p>23 2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>24 6am Rise n' Grind 9:15am Spin 10:15am Strength/Stretch 4pm Count Me In 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 HIIT 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 5pm HIIT 6pm Dirty 30'</p>	<p>30 2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>31 6am Rise n' Grind 10:15am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing</p>	