



PowerWest Athletics Studio

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training. <u>Click here to Register</u> 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			1 8am Spin Class Then....closed for Happy Canada Day! 	2 1:15pm PT Session 2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	3 6am Rise n' Grind 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing	4 Breakfast Club Saturday! Enjoy fruit/bars/snacks – we got you! 8am 50' Fit 9:15am 50' Fit 10:45am HIIT 
5 11am Dirty 30' No kickboxing today	6 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body Fit	7 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	8 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30'	9 2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	10 6am Rise n' Grind 7:15am PT Session 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30'	11 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
12 11am Dirty 30' 12pm Kickboxing	13 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body Fit	14 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	15 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30'	16 2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	17 6am Rise n' Grind 7:15am PT Session 9:15am Spin 10:30am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing 7pm Camino Chat 😊	18 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
19 11am Dirty 30' 12pm Kickboxing	20 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	21 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	22 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30'	23 2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	24 6am Rise n' Grind 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30'	25 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
26 11am Dirty 30' 12pm Kickboxing	27 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit	28 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	29 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30'	30 2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing	31 6am Rise n' Grind 10:30am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing	



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August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sat 30 8am 50' Fit 9:15am 50' Fit 10:45am HIIT	 <i>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training.</i> <i><u>Click here to Register</u></i> <i>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</i>					1 Breakfast Club  Saturday! 8am 50' Fit Megan 9:15am 50' Fit Megan 10:45am HIIT Megan
Sun 31 11am Dirty 30' 12pm Kickboxing	3  Closed for a Happy BC Day	4 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	5 6:30am Dirty 9:15am Forever Fit 5pm HIIT 6pm Dirty 30'	6 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	7 6am Rise n' Grind 10:30am Strength/Stretch	8 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
9 11am Dirty 30' 12pm Kickboxing	10 6:30am Dirty 30' 9:15am Forever 4pm HIIT 5pm Dirty 30'	11 6am Rise n' Grind 2:30 PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	12 6:30am Dirty 9:15am Forever 5pm HIIT 6pm Dirty 30' 7pm Spin	13 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	14 6am Rise n' Grind 7:15am PT session 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing	15 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
16 11am Dirty 30' 12pm Kickboxing	17 6:30am Dirty 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates	18 6am Rise 2:30 PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit	19 6:30am Dirty 9:15am Forever Fit 5pm HIIT 6pm Dirty 30' 7pm Spin	20 2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	21 6am Rise n' Grind 10:30am Strength/Stretch Strength 4pm CMI Bonnie 5pm Dirty 30'	22 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
23 11am Dirty 30' 12pm Kickboxing	24 6:30am Dirty 30' 9:15am Forever 4pm HIIT 5pm Dirty 30' 6pm Pilates	25 6am Rise 2:30 PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit	26 6:30am Dirty 9:15am Forever Fit 5pm HIIT 6pm Dirty 30' 7pm Spin	27 2:30 PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	28 6am Rise n' Grind 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing	29 8am 50' Fit 9:15am 50' Fit 10:45am HIIT