



# PowerWest Athletics Studio

## July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal &amp; group training.</b></p> <p><b><u><a href="#">Click here to Register</a></u></b></p> <p><b>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean. <a href="mailto:mena@telus.net">mena@telus.net</a> 250-415-5983</b></p>			<p>1</p> <p>8am Spin Class Then...closed for <b>Happy Canada Day!</b></p> 	<p>2</p> <p>1:15pm PT Session 2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>3</p> <p>6am Rise n' Grind</p> <p>10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30' 6pm Line Dancing</p>	<p>4</p> <p>Breakfast Club  Saturday! Enjoy fruit/bars/snacks – we got you! 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>5</p> <p>11am Dirty 30' No kickboxing today</p>	<p>6</p> <p>6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body Fit</p>	<p>7</p> <p>6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>8</p> <p>6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm HIIT 6pm Dirty 30'</p>	<p>9</p> <p>2:30pm PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>10</p> <p>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</p> <p>8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>12</p> <p>11am Dirty 30' 12pm Kickboxing</p>	<p>13</p> <p>6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body Fit</p>	<p>14</p> <p>6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>15</p> <p>6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm HIIT 6pm Dirty 30'</p>	<p>16</p> <p>2:30pm PT session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>17</p> <p>6am Rise n' Grind 7:15am PT Session 9:15am Spin 10:30am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing 7pm Camino Chat 😊</p>	<p>18</p> <p>8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>19</p> <p>11am Dirty 30' 12pm Kickboxing</p>	<p>20</p> <p>6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>21</p> <p>6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>22</p> <p>6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm HIIT 6pm Dirty 30'</p>	<p>23</p> <p>2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>24</p> <p>6am Rise n' Grind 9:15am Spin 10:30am Strength/Stretch 4pm Count Me In 5pm Dirty 30'</p>	<p>25</p> <p>8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>26</p> <p>11am Dirty 30' 12pm Kickboxing</p>	<p>27</p> <p>6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>28</p> <p>6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>29</p> <p>6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm HIIT 6pm Dirty 30'</p>	<p>30</p> <p>2:30 PT Session 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>31</p> <p>6am Rise n' Grind</p> <p>10:30am Strength/Stretch 5pm Dirty 30' 6pm Line Dancing</p>	