



PowerWest Athletics

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Full schedule QR code REGISTER at Powerwa.as.me Go to section 3 for skating 😊	1 6am Rise n' Grind 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga	2 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30' 7pm Spin	3 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	4 6am Rise n' Grind 10:30am Stretch/Strength 5-6pm Dirty 30'	5 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
6 11am Dirty 30'	7 Happy Labour Day! 9:15am Forever Fit 10:30am HIIT 5pm Dirty 30' 6pm Pilates	8 6am Rise n' Grind 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	9 6:30am Dirty 30' 9:15am Forever Fit 5pm HIIT 6pm Dirty 30' 7pm Spin	10 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	11 6am Rise n' Grind 9:30am Spin 10:30am Stretch/Strength 4pm Count Me In Chat 5-6pm Dirty 30' 6pm Line Dancing	12 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
13 11am Dirty 30' 12pm Kickboxing	14 6:30am Dirty 30' 7-7:45am CMI Check in 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full body	15 6am Rise n' Grind 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yin Yoga	16 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	17 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	18 6am Rise n' Grind 9:30am Spin 10:30am Stretch/Strength 4pm Count Me In Chat 5-6pm Dirty 30'	19 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
20 11am Dirty 30' 12pm Kickboxing	21 6:30am Dirty 30' 7-7:45am CMI Check in 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full body	22 6am Rise n' Grind 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	23 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	24 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	25 6am Rise n' Grind 9:30am Spin 10:30am Stretch/Strength 4pm Count Me In Chat 6pm Dirty 30' 6pm Line Dancing	26 8am 50' Fit 9:15am 50' Fit 10:45am HIIT
27 11am Dirty 30' 12pm Kickboxing	28 6:30am Dirty 30' 7-7:45am CMI Check in 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full body	29 6am Rise n' Grind 2:45pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga Nidra	30 Reconciliation Day 	Click here powerwa.as.me and scroll DOWN under the skating programs to see what's going on in the PWA Fitness Studio. mena@telus.net 250-415-5983 PowerWest Athletics (PWA) offers CO-ED and women's ONLY options. We offer Personal Training and small group sessions!		