



PowerWest Athletics

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Click here powerwa.as.me to see what's happening on the ice and in the PWA Fitness Studio. mena@telus.net 250-415-5983 PowerWest Athletics (PWA) offers CO-ED, women's only, group and personal training options.				1 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	2 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count Me In 5-6pm Dirty 30'	3 8am 50' Fit 9:15am 50' Fit 10:30am HIIT
4 11am Dirty 30' 12pm Kickboxing	5 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	6 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	7 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	8 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	9 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count Me In 5-6pm Dirty 30' 6pm Line Dancing	10 8am 50' Fit Me 9:15am 50' Fit 10:30am HIIT
11 11am Dirty 30' No kickboxing today	12  6:30am Dirty 30' 9:15am Forever 10:30am HIIT	13 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yin Yoga	14 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	15 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	16 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count me In 5-6pm Dirty 30' 6pm Leader Training	17 8am 50' Fit 9:15am 50' Fit 10:30am HIIT
18 11am Dirty 30' 12pm Kickboxing	19 6:30am Dirty 30' 9:15am Forever 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	20 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	21 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	22 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	23 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count me In 5-6pm Dirty 30' 6pm Line Dancing	24 8am 50' Fit 9:15am 50' Fit 10:30am HIIT
25 11am Dirty 30' 12pm Kickboxing	26 6:30am Dirty 30' **8:45am Forever Fit – early this week only 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	27 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga Nidra	28 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	29 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	30 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count me In 5-6pm Dirty 30'	31 8am 50' Fit 9:15am 50' Fit 10:30am HIIT 