PowerWest Athletics

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am Dirty 30' 12pm Kickboxing	2 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	3 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	4 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	5 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	6 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count Me In 5-6pm Dirty 30' 6pm Line Dancing	7 8am 50' Fit 9:15am 50' Fit 10:30am HIIT
8 11am Dirty 30' 12pm Kickboxing	9 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	10 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	11 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin for Charity!	12 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	13 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count Me In 5-6pm Dirty 30' 6pm 90's Style Step Class	14 8am 50' Fit Me 9:15am 50' Fit 10:30am HIIT
15 11am Dirty 30' 12pm Kickboxing	16 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	17 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yin Yoga	18 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	19 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	20 6am Rise n' Grind 9:15am Spin 10:30am Stretch & Strength 4pm Count Me In 5-6pm Dirty 30' 6pm Line Dancing	21 8am 50' Fit 9:15am 50' Fit 10:30am HIIT Noon-2pm – Sole Sisters Reunion and Super Sale!!
22 11am Dirty 30' 12pm Kickboxing	23 6:30am Dirty 30' 9:15am Forever 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body	24 6am Rise n' Grind 2:30pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Hatha Yoga	25 6:30am Dirty 30' 9:15am Forever Fit 4pm HIIT 5pm Pilates/Fascia 6pm Dirty 30' 7pm Spin	26 2pm PT 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm Kickboxing	27 6am Rise n' Grind 10:30am Stretch & Strength 4pm Count me In 5-6pm Dirty 30' 6pm Line Dancing	28 8am 50' Fit 9:15am 50' Fit 10:30am HIIT
29 11am Dirty 30' 12pm Kickboxing	30 6:30am Dirty 30' 9:125am Forever Fit 4pm HIIT 5pm Dirty 30' 6pm Pilates 7pm Full Body					

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.