







Monday

6:00am	Push - Manda	6:00am
7:00am	HIIT (45 min) - Kailee	7:00am
8:00am	Pilates - Lise	8:00am
9:00am	 HIIT N' Roll - Lise	9:00am
9:00am	 Ride & Push - Kailee	10:30am
10:30am	Pilates - Lisa	12:05pm
12:05pm	Beginner Step (45 min) - Lisa	12:05pm
12:05pm	 Ride (45 min) - Taylor	1:15pm
1:15pm	Stretch & Strength Yoga - Carol	4:30pm
4:30pm	Express HIIT (30 min) - Taylor	5:30pm
5:00pm	 Ride (45 min) - Stephanie	6:30pm
5:00pm	 Legs, Cardio & Core - Caity	
6:00pm	Bellyfit - Tamara	
7:00pm	Yin Yoga (75 min) - Tamara	





Tuesday

6:00am	 Ride - Manda	6:00am
8:00am	Boomers & Beyond - Denise	7:30am
9:00am	Barre & Core - Denise	9:00am
9:00am	 Ride - Ashley	9:00am
10:30am	Beginner Zumba - Roxana	10:30am
12:05pm	HIIT (45 min) - Ashley	12:05pm
1:15pm	Micro Muscles (45 min) - Dawn	1:15pm
4:30pm	 Ride - Kailee	4:30pm
5:00pm	 Row N' Lift - Ashley	5:00pm
5:30pm	Step & Push - Jen	5:30pm
5:30pm	 Ride & Push - Caity	6:30pm
6:30pm	ZumbaToning - Roxana	




Wednesday

6:00am	HIIT - Stephanie	6:00am
7:00am	HIIT (45 min) - Taylor	7:00am
8:00am	 Ride & Push - Taylor	8:00am
9:00am	 Push - Denise	9:00am
10:30am	Barre Trend - Elise	10:30am
12:05pm	Flow Yoga (45 min) - Elise	12:05pm
12:05pm	 Ride (45 mins) - Denise	12:05pm
1:15pm	Functional Fitness - Denise	1:15pm
4:30pm	 Push & Core - Kailee	4:30pm
5:30pm	Micro Muscles (45 min) - Kailee	5:30pm
6:30pm	Yin Yoga (75 min) - Carol	6:30pm



Thursday

6:00am	 Ride (45 mins) - Ashley	6:00am
7:30am	Micro Muscles (45 min) - Kailee	7:30am
9:00am	 HIIT - Ashley	9:00am
9:00am	 Ride (45 min) - Stephanie	9:00am
10:30am	Boomers & Beyond - Roxanne	10:30am
12:05pm	HIIT (45 min) - Kailee	12:05pm
1:15pm	Pilates - Denise	1:15pm
4:30pm	Step - Lisa	4:30pm
5:00pm	 Ride & Push - Caity	5:00pm
5:30pm	HIIT (45 min) - Nicole	5:30pm
6:30pm	Power Yoga (75 min) - Carol	6:30pm


Friday


6:00am	HIIT (45 min) - Ashley	6:00am
7:00am	 Express Ride (30 mins) - Ashley	7:00am
7:30am	Express Push (30 mins) - Ashley	7:30am
9:00am	Power Yoga - Tamara	9:00am
9:00am	 Ride & Push - Nicole	9:00am
10:30am	Pilates - Lisa	10:30am
12:05pm	Push & Core (45 min) - Lisa	12:05pm
4:30pm	 Ride - Taylor	4:30pm
5:30pm	Flow Yoga - Vicky/Lenda	5:30pm

Saturday

7:30am	Bootcamp - Clint	7:30am
9:00am	Intermediate Step - Emily/Jenn	9:00am
9:00am	 Ride (45 min) - Cindy	9:00am
10:00am	 Push - Jenn/Roxanne	10:00am
11:00am	Yoga - Tamara	11:00am

Sunday

9:00am	 Ride (45 min) - Marie	9:00am
11:00am	Zumba - Roxana	11:00am
12:00pm	Flow Yoga (1 hr) - Carol	12:00pm

Classes with a  are in high demand or space is limited, so we recommend calling ahead or signing up online!

**Online & phone reservations for classes begin at 7am the day before the scheduled class, regardless of class time. Booking for only one person at a time is accepted. There is a grace period of 5 minutes only once the class has begun for late arrivals.*



Download the free TWP app for your smartphone and sign in on the go!

Website: www.twpfitness.com

Phone: (250) 762-7255

