

**Monday**

**6:00am** PUSH Intervals - Sam  
**8:00am** Pilates - Ketrena  
**9:00am** HIIT N' Roll - Cindy  
**9:00am** Ride + Push - Kailee  
**10:30am** Micro Muscles - Kailee  
**12:05pm** HIIT (45 min) - Taylor  
**4:30pm** HIIT (45 min) - Taylor  
**4:30pm** Ride (45 min) - Kailee  
**5:30pm** Legs, Cardio + Core - Sam  
**6:30pm** Yin Yoga (75 min) - Tamara

**Tuesday**

**6:00am** Ride (45 min) - Cindy  
**7:00am** HIIT (45 min) - Kailee  
**9:00am** Micro Muscles - Kailee  
**9:00am** Ride (45 min) - Kaileigh  
**10:30am** Beginner Zumba - Roxana  
**12:05pm** Ride (45 min) - Kailee  
**1:15pm** Stretch + Strength Yoga - Carol  
**4:30pm** PUSH + Core - Kaileigh  
**5:30pm** Ride + PUSH - Dawn

**Wednesday**

**6:00am** PUSH - Kaileigh  
**8:00am** Ride + PUSH - Taylor  
**9:00am** PUSH - Denise  
**10:30am** Barre - Denise  
**12:05pm** HIIT (45 min) - Kailee  
**4:30pm** Ride (45 min) - Cindy  
**4:30pm** HIIT (45 min) - Kaileigh  
**5:30pm** Micro Muscles - Kailee/Kaileigh  
**6:30pm** Yin Yoga (75 min) - Carol

**Thursday**

**6:00am** Ride (45 min) - Marie  
**7:00am** HIIT (45 min) - Kailee  
**9:00am** HIIT (45 min) - Kaileigh  
**10:30am** Active for Life - Roxanne  
**12:05pm** Ride (45 min) - Taylor  
**1:15pm** Pilates - Denise  
**4:30pm** PUSH + Core - Taylor  
**5:30pm** HIIT (45 min) - Sam  
**6:30pm** Zumba Toning - Roxana

**Friday**

**6:00am** Row N' Lift - Sam  
**9:00am** Ride + PUSH - Dawn  
**10:15am** Yin Yoga - Kristi  
**12:05pm** PUSH + Core (45 min) - Kaileigh  
**4:30pm** Ride (45 min) - Clint  
**5:30pm** Flow Yoga - Vicky/Lenda

**Saturday**

**9:00am** Ride (45 min) - Kaileigh  
**10:00am** PUSH + Core - Kaileigh  
**11:00am** Yoga - Tamara

**Sunday**

**10:00am** Bootcamp - Dawn  
**11:00am** Zumba - Roxana  
**12:00pm** Flow Yoga - Carol

**All classes are pre-registered! If you don't sign up ahead of time, you are not guaranteed a spot!**  
*\*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.*



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**Phone: (250) 762-7255**

