

MONDAY

6:00am	Bootcamp - Danielle
8:00am	Pilates - Denise
9:00am	LIFT-IT - Taylor
10:00am	Light Strength - Danielle
12:05pm	PUSH - Danielle
4:30pm	Glutes + Core - Rachel
5:30pm	PUSH - Rachel
7:00pm	Yoga - Julia

TUESDAY

6:00am	Ride - Kylee
7:00am	HIIT - Kylee
9:00am	Ride - Kylee
10:00am	Barre - Denise
11:00am	Mama's Open Gym
12:05pm	Ride - Denise
4:30pm	HIIT - Danielle
5:30pm	The Mezz -Danielle

WEDNESDAY

6:00am	HIIT - Danielle
9:00am	PUSH - Danielle
10:00am	Light Strength - Makena
12:05pm	PUSH - Alanna
4:30pm	PUSH - Rachel
5:30pm	PUSH - Rachel
6:30PM	Yoga (1hr) - Tamara

THURSDAY

6:00am	Ride + Push - Kylee
7:00am	HIIT - Willona
9:00am	HIIT - Willona
10:00am	Yoga (1hr) - Stephanie
11:00am	Mama's Open Gym
12:05pm	Ride - Taylor
5:00pm	HIIT - Danielle

FRIDAY

6:00am	PUSH - Kailee
9:00am	PUSH - Dawn
10:00am	Pilates - Denise
12:05pm	The Mezz - Willona
4:30pm	The Mezz - Makena
5:30pm	Yoga (1hr) - Vicki/Lenda

SATURDAY

9:00am	Ride + Push - Nicole/Kylee/Kailee
10:00am	LIFT-IT - Nicole/Kylee/Kailee
11:00am	Yoga (1hr) - Tamara
12:00pm	Mama's Open Gym

SUNDAY

9:00am	Ride - Marie
10:00am	HIIT - Kailee
11:00am	Yoga (1hr) - Stephanie

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. 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

SEPT 6TH - DEC 23RD