

## MONDAY

6:00am	Bootcamp - Kailee
7:00am	HIIT - Kailee
9:00am	LIFT-IT - Taylor
10:00am	Light Strength - Danielle
12:05pm	PUSH - Willona
4:30pm	Glutes + Core - Rachel
5:30pm	PUSH - Rachel
6:30pm	Yoga (1hr) - Julia

## TUESDAY

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

## WEDNESDAY

6:00am	HIIT - Danielle
7:00am	HIIT - Danielle
9:00am	PUSH - Danielle
10:00am	Light Strength - Denise
12:05pm	PUSH - Danielle
4:30pm	PUSH - Rachel
5:30pm	PUSH - Rachel
6:30PM	Yoga (1hr) - Tamara

## THURSDAY

6:00am	Ride + Push - Kylee
9:00am	HIIT - Willona/Ashley
10:00am	Bands + Core - Danielle
11:00am	Mama's Open Gym
12:05pm	Ride - Taylor
4:30pm	Ride - Clint
5:30pm	HIIT - Danielle

## FRIDAY

6:00am	PUSH - Kailee
9:00am	PUSH - Dawn
10:00am	Glute + Core/Pilates - Denise
12:05pm	HIIT - Willona
4:30pm	PUSH -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.twppfitness.com](http://www.twppfitness.com)**

**Phone: 250.762.7255**

# APRIL 4TH - JULY 3RD