

Monday

6:00am	Bootcamp - Alisha
8:00am	Pilates - Ketrena
9:00am	HIIT (45 min) - Danielle
9:00am	Ride + Push - Clint/Kylee
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 - Danielle
6:30pm	PUSH + Core - Sam N
7:30pm	Yin Yoga (75 min) - Carol

Tuesday

6:00am	Ride (45 min) - Kylee
7:00am	HIIT (45 min) - Kailee
9:00am	Micro Muscles - Kailee
9:00am	Ride (45 min) - Taylor
10:30am	Beginner Zumba - Roxana
11:30am	Pre/Post Natal Fitness - Dawn
12:05pm	Ride (45 min) - Kailee
1:15pm	Stretch + Strength Yoga - Carol
4:30pm	PUSH + Core - Nicole
4:30pm	The Mezz - Danielle
5:30pm	Ride + PUSH - Nicole

Wednesday

6:00am	PUSH - Kailee
7:00am	Micro Muscles (45 min) - Kailee
8:00am	Fascial Focus Pilates - Ketrena
9:00am	PUSH - Denise
9:00am	The Mezz - Ashley
10:30am	Barre - Denise
12:05pm	HIIT (45 min) - Ashley
4:30pm	Ride (45 min) - Sam Evans
4:30pm	HIIT (45 min) - Sam N
5:30pm	Flow Yoga - Tamara
5:30pm	The Mezz - Kendra
6:30pm	Bootcamp - Alisha
7:30pm	Yin Yoga (75 min) - Carol

Thursday

6:00am	Ride (45 min) - Kailee
7:00am	HIIT (45 min) - Kailee
9:00am	HIIT-X (55 min) - Kailee
10:30am	Active for Life - Taylor
11:30am	Pre/Post Natal Fitness - Dawn
12:05pm	Ride (45 min) - Taylor
1:15pm	Pilates - Denise
4:30pm	PUSH + Core - Kendra
5:30pm	Bootcamp - Kendra
6:30pm	Zumba Toning - Roxana/Pilar

Friday

6:00am	The Mezz - Ashley
9:00am	Ride + PUSH - Dawn
9:00am	The Mezz - Taylor
10:15am	Yin Yoga - Kristi
12:05pm	PUSH + Core (45 min) - Kailee
4:30pm	Ride - Clint
5:30pm	Flow Yoga - Vicky/Lenda

Saturday

9:00am	Ride (45 min) - Marie
10:00am	PUSH + Core - Sam N
11:00am	Yoga - Stephanie

Sunday

8:30am	Ride (45 min) - Jen/Leia
9:30am	Bootcamp - Jen/Leia
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.*



Download the free TWP app for your smartphone and sign in on the go!
Website: www.twpfitness.com
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