

Monday	
6:00am	PUSH - Alisha
8:00am	Pilates - Ketrena
9:00am	LIFT-IT - Taylor
9:00am	Out Back Bootcamp - Dawn
10:30am	Active For Life (1 hr) - Danielle
12:05pm	LIFT-IT - Taylor
4:30pm	PUSH + Core - Alisha
4:30pm	Out Back Bootcamp - Kailee
5:30pm	Glute-Camp - Kailee
6:30pm	PUSH + Core - Nicole H
7:30pm	Yin Yoga (1 hr) - Carol

Tuesday	
6:00am	Ride - Kylee
7:00am	HIIT - Kailee
9:00am	Ride - Kailee
10:00am	HIIT - Ashley
12:05pm	Ride - Ashley
1:30pm	Stretch + Strength Yoga (1 hr) - Carol/Tamara
4:30pm	Out Back Bootcamp - Danielle
4:30pm	Ride - Kylee
5:30pm	HIIT - Danielle

Wednesday	
6:00am	LIFT-IT - Sam E
8:00am	Mobility - Taylor
9:00am	PUSH - Denise
9:00am	Out Back Bootcamp - Ashley
10:30am	Barre (1 hr) - Denise
12:05pm	HIIT - Kailee
4:30pm	PUSH + Core - Sam N
5:30pm	LIFT-IT - Sam N

Thursday	
6:00am	Ride - Kylee
7:00am	HIIT - Kailee
9:00am	Ride - Taylor
10:00am	BAND-IT - Kailee
12:05pm	Ride - Kailee
1:30pm	Pilates (1 hr) - Denise
4:30pm	Ride - Sam N
5:30pm	HIIT - Danielle

Friday	
6:00am	Out Back Bootcamp - Sam N
8:00am	Ride + Push - Kailee
9:00am	Out Back Bootcamp - Kailee
9:00am	HIIT - Dawn
10:30am	Active for Life (1 hr) - Dawn
12:05pm	PUSH + Core - Kailee
4:30pm	HIIT - Sam N
5:30pm	Flow Yoga (1 hr) - Vicki/Lenda

Saturday	
8:00am	Ride - Marie
9:00am	Ride - Nicole H
9:00am	Out Back Bootcamp - Sam N
10:00am	PUSH + Core - Sam N
11:00am	Yoga (1 hr) - Stephanie

Sunday	
9:00am	Ride - Jen
10:00am	HIIT - Jen
11:00am	Zumba - Steph H
12:00pm	Flow Yoga (1 hr) - 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*



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

**Website: [www.twpfitness.com](http://www.twpfitness.com)**

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



