

## MONDAY

**6:00am** Full Body Lift - Willow/Nadia  
**9:00am** Full Body Lift - KyLee  
**10:00am** Full Body Lift - Willona  
**12:05pm** Full Body Lift - Willona  
**4:30pm** Full Body Lift - Taylor  
**5:30pm** Full Body Lift - Taylor  
**7:00pm** Yoga (1 hr) - Julia

## TUESDAY

**6:00am** Ride - Kylee  
**9:00am** Ride - Kylee  
**10:00am** Mat Pilates - Denise  
**11:00am** **Mama's Open Gym**  
**12:05pm** Ride - Denise  
**4:30pm** Ride - Alanna  
**5:30pm** Glutes, Cardio & Core - Danielle

## WEDNESDAY

**6:00am** Upper Lift - Danielle  
**9:00am** Upper Lift in the Mezz - Laura  
**9:00am** Barre - Denise  
**10:00am** Glutes, Cardio & Core - Makena  
**12:05pm** Upper Lift - Alanna  
**4:30pm** Upper Lift - Rachel  
**5:30pm** Upper Lift - Rachel  
**7:00PM** Yoga (1hr) - Tamara

## THURSDAY

**6:00am** Lower Lift - Kylee  
**9:00am** Lower Lift - Willona  
**11:00am** **Mama's Open Gym**  
**12:05pm** Ride - Taylor  
**5:00pm** Lower Lift - Laura  
**6:30PM** Exhale - Chelsea

## FRIDAY

**6:00am** Full Body Lift in the Mezz - Kailee  
**9:00am** Full Body Lift - Dawn  
**10:00am** Mat Pilates - Denise  
**12:05pm** Full Body Lift in the Mezz - Willona  
**4:30pm** Full Body Lift in the Mezz - Makena  
**5:30pm** Yoga (1hr) - Vicki/Lenda

## SATURDAY

**9:00am** Full Body Lift - Makena/KyLee  
**10:00am** Glutes, Cardio & Core - Makena/KyLee  
**11:00am** Yoga (1hr) - Tamara  
**12:00pm** **Mama's Open Gym**

## SUNDAY

**9:00am** Ride - Marie  
**10:00am** Full Body Lift - Christina  
**11:00am** Yoga (1hr) - Steph

**JANUARY 2ND -**  
**APRIL 2ND**



All classes are pre-registered! If you don't sign up ahead of time, you are not guaranteed a spot. All classes are 50 Minutes unless stated otherwise. \*Online & phone reservations for classes begin at 5:30am 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](http://www.twpfitness.com)  
Phone: 250.762.7255