



MAUI POWERHOUSE GYM GROUP FITNESS CALENDAR

@mauipowerhousegym
MauiPowerhouseGym.com

Please make your reservation through MauiPowerhouseGym.com or the [Maui Powerhouse Gym App](#).

Hours & Days	OPEN 5:00 AM - CLOSE 12 AM				7:00 AM - 11:00 PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING GROUP FITNESS		6:45 AM Power45 <i>Diane</i>		6:45 AM Power45 <i>Diane</i>			
	8:00 AM POWER45 <i>Diane</i>		8:00 AM BarreWork <i>Diane</i>		8:00 AM Mat Werk <i>Jen</i>		
		9:00 AM Power Pump <i>Jen</i>		9:00 AM Power Pump <i>Jen</i>	9:00 AM Zumba <i>Rose</i>	9:00 AM Power45 <i>Stephan</i>	
	10:00 AM Peach Pump <i>Gen</i>	10:00 AM Relax Yoga <i>Jen</i>	10:00 AM Tabata <i>Rocky</i>	10:00 AM Roll&Stretch <i>Jen</i>	10:00 AM BarreWork <i>Jen</i>		10:00 AM Yoga Flow <i>Jen</i>
	11:15 AM Volume Lift <i>Mosi</i>	11:15 AM Young at ♥ <i>Marcia</i>	11:15 AM Volume Lift <i>Mosi</i>	11:15 AM Young at ♥ <i>Marcia</i>	11:15 AM Volume Lift <i>Mosi</i>		
EVENING GROUP FITNESS	3:00 PM Courses Coming Soon				METCON45 High Intensity Fitness 6 Weeks Series with Samantha Young 45 Minutes of high-intensity small group functional training which utilizes weights, kettlebells, slam/medicine balls, ropes, boxes, bikes, rowers, runs, and more! Monday & Wednesday @ 5.30 PM Thursday @ 1 PM Standard (1/week): \$75 Warrior (2/week): \$128 Beast (3/week): \$180		
	4:00 PM Courses Coming Soon						
	5:15 PM POWER45 <i>Abby</i>	5:00 PM RIPPED <i>Mickey/Vangie</i>	5:15 PM POWER45 <i>Abby</i>				
	6:15 PM O'hana Jiu Jitsu		6:15 PM O'hana Jiu Jitsu				

POWER45

STRENGTH TRAINING meets INTERVAL TRAINING in this ENTERTAINING and CHALLENGING FULL BODY WORKOUT.

Build strength, endurance, and energy.

(Comparable to Orange Theory or F45 fitness with strength training)

- First Class is Free for Members
- Buy One/Get One P45 Special All Summer long

Group Fitness FAQs:

- Drop-Ins are always welcome!
- Members & Drop-Ins: please make your class reservation ahead of time
- Please arrive 15 minutes before scheduled start time
- You must be a current active member to use the membership class rate, or you will be charged the drop-in price

Child Care

\$4 First child
\$2 Additional children
\$30 Monthly unlimited

Child Care Hours
Mon-Fri: 8AM - 12PM & 4PM - 7:30PM
Sat: 8AM - 12PM

808.214.6737

1279 S Kihei Rd #118 Kihei HI, 96753