



MAUI POWERHOUSE GYM GROUP FITNESS CALENDAR

@mauipowerhousegym
MauiPowerhouseGym.com

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

Hours & Days	5:00 AM - 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 Young at ♥ <i>Marcia</i>		11:15 AM Young at ♥ <i>Marcia</i>			
EVENING GROUP FITNESS	3:00 PM Courses Coming Soon					METCON45 High Intensity Fitness Series 6 Weeks Series 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	6:10 PM POWER45 <i>Abby</i>	6:15 PM O'hana Jiu Jitsu				

Power45

High intensity interval training program designed for a challenging full body workout while improving **strength, endurance, and energy.** (Comparable to Orange Theory meets F45 fitness)

- First Class is Free for Members!
- \$5/class
- Buy One/Get One Special All Summer

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 or 10 pack

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

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