

BLUE MTN SMALL GROUP TRAINING \$

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am						
		HITT Training W/Gabe		HITT Training W/Gabe		
8 am	Women's Strength W/Grace		Women's Strength W/Grace		Women's Strength W/Grace	
					Circuit Training W/Chris	
9 am	Kinstretch W/Kyle	Functional Training W/Stephen		Functional Training W/Stephen		
10 am	Functional Training W/Stephen		Functional Training W/Stephen		Functional Training W/Stephen	
					Kinstretch W/Kyle	
Noon	TRX Training W/Angie					
3 pm			Kinstretch W/Kyle	High School Team Training W/Stephen		
4 pm			Circuit Training W/Chris			
5 pm		Barbell Basics W/Grace				
Location		Blue Mountain Training Area			Pickleball Mezzanine	
Small Group Training Members \$125/10 Sessions or \$12.50 per session Guest: \$195/10 Sessions or \$19.50 per session Sessions are 50 minutes.						



406-251-3344 | peakmissoula.com
Blue Mountain Hours M-F 5am-10pm, Sat.-Sun: 7am-8 pm



Fitness Training and Sports Performance Director, Stephen Pitts

Email: Stephen@peakmissoula.com

Phone: 406-251-3344 ext. 252