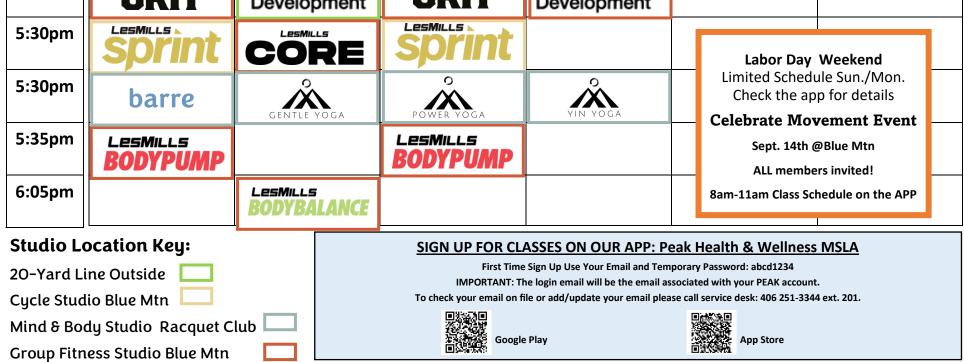
## September 2024

Blue Mountain

Group Fitness and Mind Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am		DEAK JOURNEY		OURNEY		
5:45am			PEAK STRENGTH AND CARDIO			
5:45am	PEAK STRENGTH AND CARDIO	LESMILLS BODYATTACK CORE	LesMills	Lesmills BODYPUMP	STRENGTH AND PLYO	
6:45am	SLOW FLOW		SLOW FLOW			SATURDAY
8am	Strength Development	PEAK JOURNEY	BODY SCULPT	PEAK POWER	Strength Community	PEAK JOURNEY
8:15am					BEAK PEAK PEDAL	GRIT
8:30am			Body401k®		Body401k®	
9am	OURNEY	Oula	STEP	CORE LESMILLS BODYBALANCE	Lesmills BODYCOMBAT	Strength Development
9am		PEAK MAT PILATES	BAMBOO BODIES		BAMBOO BODIES	MAT PILATES
10am		GENTLE YOGA	Strength Development	GENTLE YOGA	Oula CARDIO - CATRARES	氣功 <sub>RIGONG</sub>
10:30am	SilverSneakers	SilverSneakers	10am	SilverSneakers	10am	
10:30am	VIN YOGA		SH NE DANCE FITNESS TH			SUNDAY
11am		TAI CHI CHIH!	GENTLE YOGA	TAI CHI CHIH!		RESTORATIVE
NOON	Oula CARDIO - CATHARSIS	PEAK Extreme	③ 12:15pm PEAK JOURNEY	Lesmills BODYPUMP	PEAK Extreme	
NOON	GENTLE YOGA	POWER YOGA	VINYASA YOGA	GENTLE YOGA	VINYASA YOGA	
1:30pm			CHAIR YOGA			
4pm		PEAK Strength				Oula CARDIO - CATHABSIS
5pm		Strength """" Development		Strength """" Development		



BM: M-F 5am-10pm, Sat.-Sun., 7am-8pm RC: M-TH 6am-10pm, Fri. 6am-8:30pm, Sat.-Sun., 7am-8pm DT: M-F 5 am-9pm, Sat-Sun. 7 am-8pm