

June 2025

Blue Mountain

Group Fitness and Mind & Body Schedule



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|---------|-----------------------------------|--|--|---|--|-----------------------------------|
| 5:30am | | | 5:45am | | | |
| 5:45am | | LES MILLS BODYATTACK LES MILLS CORE | LES MILLS sprint | LES MILLS BODYPUMP | | |
| 6:45am | | | | | | SATURDAY |
| 8am | LES MILLS BODYPUMP | | | | LES MILLS BODYPUMP | |
| 8:30am | | | | | | 8:15am LES MILLS GRIT |
| 9am | | LES MILLS CORE <i>Gentle</i> FLOW | | LES MILLS CORE LES MILLS BODYBALANCE | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP |
| 9am | | | BAMBOO BODIES seasonal fitness | | BAMBOO BODIES seasonal fitness | |
| 10am | 10:30am | | | | | 10:15am 氣功 QIGONG |
| 10:30am | | | SHINE DANCE FITNESS™ | | 10:00am <i>Oula</i> CARDIO • CATHARSIS | SUNDAY |
| 11am | | TAI CHI CHIH! | 10:45am | TAI CHI CHIH! | | |
| Noon | <i>Oula</i> CARDIO • CATHARSIS | | | LES MILLS BODYPUMP | | |
| Noon | | | | | | |
| 1:30pm | | | | | | |
| 4pm | | | 4:15am | | | <i>Oula</i> CARDIO • CATHARSIS |
| 5pm | LES MILLS GRIT | | LES MILLS GRIT | | | |
| 5:30pm | | | | | | |
| 5:30pm | LES MILLS sprint | LES MILLS CORE | LES MILLS sprint | | | |
| 5:35pm | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | | |
| 6:45pm | HIGH fitness | LES MILLS BODYBALANCE | | | | |

Studio Location Key

Mind & Body Studio

Group Fitness Studio

Cycle Studio

SIGN UP FOR CLASSES ON OUR APP: Peak Health & Wellness MSLA
First Time Sign Up Use Your Email and Temporary Password: abcd1234
IMPORTANT: The login email will be the email associated with your PEAK account. To check your email on file or add/update your email please call service desk: 406 251-3344 ext. 201.