

June 2025

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS GRIT</b>		
6:30am						
7:30am						SATURDAY
8am		<b>UPLIFT</b>		<b>UPLIFT</b>		<b>LES MILLS BODYATTACK</b>
9am					<b>LES MILLS BODYPUMP</b>	<b>UPLIFT</b>
9am						
10am						
10:30am						
11:40am				<b>LES MILLS CORE</b>	<b>LES MILLS GRIT</b>	SUNDAY
12:10pm	 <b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>			9:00am <b>LES MILLS BODYPUMP</b>
12:10pm						9:00am 
1:30pm						10:00am 
4pm						
4:30pm	<b>LES MILLS GRIT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>		
5pm	<b>LES MILLS CORE</b>					
5:30pm						
5:35pm		<b>LES MILLS sprint</b>		<b>LES MILLS sprint</b>		
5:35pm		<b>LES MILLS GRIT</b>				
6:40pm		6:15pm 	6:30pm 			

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.