June 2025

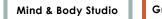
Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am		Lesmills BODYPUMP	LesMills BODYCOMBAT			
6:30am	MORNING FLOW		MORNING FLOW			
7:30am		MORNING FLOW		MORNING FLOW		SATURDAY
8am		UP LIFT ®		UPLIFT ®		LesMills BODYATTACK
9am	Oula Cardio - Catharsis	RESTORATIVE YOGA		RESTORATIVE YOGA	LesMills BODYPUMP	UPLIFT ®
9am						
10am						Oula Cardio - Catharsis
10:30am	VINYASA Yoga	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
11:40am						SUNDAY
12:10pm	LESMILLS BODYPUMP	Oula Cardio - Catharsis	Lesmills BODYPUMP	Oula Cardio - Cathareis	Oula Cardio - Catharsis	9:00am LesMills BODYPUMP
12:10pm	PEAK			MAT PILATES		9:00am PEAK MAT PILATES
1:30pm	SilverSneakers		SilverSneakers		SilverSneakers	10:00am VINYASA YOGA
4pm						PEAK
4:30pm		LesMILLS BODYPUMP	LesMills BODYATTACK	LesMills BODYPUMP		
5pm			SLOW FLOW			RESTORATIVE
5:30pm	VINYASA Yoga		Oula cardio - catharsis			
5:35pm	Oula Cardio - Catharsis	Sprint		Sprint		
5:35pm				PEAK		
6:40pm	MAT PILATES	6:15pm ALIGN & REFINE YOGA	6:30pm VINYASA YOGA			

Studio Location Key



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.