July 2025

Blue Mountain

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am		PEAK JOURNEY	5:45am STRENGTH AND CARDIO	PEAK JOURNEY		
5:45am	PEAK STRENGTH AND CARDIO	LESMILLS BODYATTACK LESMILLS CORE	Sprint	LesMILLS BODYPUMP	PEAK STRENGTH AND PLYO	
6:45am	SLOW FLOW YOGA		SLOW FLOW YOGA		SLOW FLOW YOGA	SATURDAY
8am	Lesmills BODYPUMP	PEAK JOURNEY	PEAK BODY SCULPT	PEAK	PEAK PEDAL LESMILLS BODYPUMP	PEAK
8:30am			BODY 401K		BODY 401K	8:15am CRIT
9am		CORE	PEAK	CORE LESMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP
9am	PEAK MAT PILATES	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES
10am	10:30am YIN YOGA	GENTLE YOGA	PEAK MAT PILATES	GENTLE YOGA	PEAK MAT PILATES	10:15am 泉功 RIGONG
10:30am	SilverSneakers	SilverSneakers	SHINE DANCE FITNESS TM	SilverSneakers	10:00am Oula CARDIO · CATHARSIS	SUNDAY
11am		TAI CHI CHIH!	10:45am GENTLE YOGA	TAI CHI CHIH!		RESTORATIVE YOGA
Noon	Oula CARDIO - CATHARSIS	PEAK EXTREME	PEAK JOURNEY	LesMILLS BODYPUMP	PEAK EXTREME	
Noon	GENTLE YOGA	POWER YOGA	YOGA SCULPT	PEAK MAT PILATES	GENTLE YOGA	
1:30pm			CHAIR YOGA	SilverSneakers		
4pm		*Outdoor LESMILLS 20,Yd Line PILLATES	4:15am PILATES AND YOGA	*Outdoor 20 Yd Line VINYASA YOGA		Oula CARDIO + CATHARSIS
5pm	GRIT		GRIT			
5:30pm	PEAK BARRE	GENTLE YOGA	POWER YOGA	YIN YOGA		
5:30pm	Sprint	CORE	Sprint			
5:35pm	Strength LESMILLS Development		LesMILLS BODYPUMP			
6:45pm	H GH fitness	*Outdoor 20 Yd Line LESMILLS BODYBALANCE	PEAK LINE DANCING			

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.