

July 2025

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	<div>PEAK JOURNEY</div> <div>Strength Development</div>	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT	<div>PEAK JOURNEY</div>	
6:30am	<div>MORNING FLOW YOGA</div>		<div>MORNING FLOW YOGA</div>			
7:30am		<div>MORNING FLOW YOGA</div>		<div>MORNING FLOW YOGA</div>		SATURDAY
8am		UPLIFT		UPLIFT		LES MILLS BODYATTACK
9am	Oula	<div>RESTORATIVE YOGA</div>	<div>PEAK STRENGTH</div>	<div>GENTLE YOGA</div>	LES MILLS BODYPUMP	UPLIFT
9am		BAMBOO BODIES	<div>PEAK MAT PILATES</div>	BAMBOO BODIES		BAMBOO BODIES
10am						Oula
10:30am	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>
11:40am					LES MILLS GRIT	SUNDAY
12:10pm	LES MILLS BODYPUMP	Oula	LES MILLS BODYPUMP	Oula	Oula	9:00am LES MILLS BODYPUMP
12:10pm	<div>PEAK BARRE</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	9:00am <div>PEAK MAT PILATES</div>
1:30pm	SilverSneakers		SilverSneakers		SilverSneakers	10:00am <div>VINYASA YOGA</div>
4pm				Starts 7/10 <div>VINYASA YOGA</div>		<div>PEAK BARRE</div>
4:30pm	LES MILLS FUNCTIONAL STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYATTACK	Strength Development		
5pm			<div>SLOW FLOW YOGA</div>			<div>RESTORATIVE YOGA</div>
5:30pm	<div>VINYASA YOGA</div>	<div>PEAK MAT PILATES</div>	Oula			
5:35pm	Oula	LES MILLS sprint		LES MILLS sprint		
5:35pm		LES MILLS GRIT		<div>PEAK BARRE</div>		
6:40pm	<div>PEAK MAT PILATES</div>	6:15pm <div>ALIGN &amp; REFINE YOGA</div>	6:30pm <div>VINYASA YOGA</div>			

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.