

August 2025

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	PEAK JOURNEY Strength Development	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT	PEAK JOURNEY	
6:30am	MORNING FLOW YOGA		MORNING FLOW YOGA			
7:30am		MORNING FLOW YOGA		MORNING FLOW YOGA		SATURDAY
8am		UPLIFT		UPLIFT		LES MILLS BODYATTACK
9am	Oula	RESTORATIVE YOGA	PEAK STRENGTH	GENTLE YOGA	LES MILLS BODYPUMP	UPLIFT
9am		BAMBOO BODIES	PEAK MAT PILATES	BAMBOO BODIES	GENTLE YOGA	BAMBOO BODIES
10am						Oula
10:30am	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
11:40am					LES MILLS GRIT	SUNDAY
12:10pm	LES MILLS BODYPUMP	Oula	LES MILLS BODYPUMP	Oula	12:15pm Oula	9:00am LES MILLS BODYPUMP
12:10pm	PEAK BARRE	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	9:00am PEAK MAT PILATES
1:30pm	SilverSneakers		SilverSneakers		SilverSneakers	10:00am VINYASA YOGA
4pm				VINYASA YOGA		PEAK BARRE
4:30pm	LES MILLS FUNCTIONAL STRENGTH LES MILLS GRIT Starts 8/18	LES MILLS BODYPUMP	LES MILLS BODYATTACK	Strength Development		
5pm	Starts 8/18 LES MILLS CORE		SLOW FLOW YOGA			RESTORATIVE YOGA
5:30pm	VINYASA YOGA	PEAK MAT PILATES	Oula			
5:35pm	Oula	LES MILLS sprint		LES MILLS sprint		
5:35pm		LES MILLS GRIT		PEAK BARRE		
6:40pm	PEAK MAT PILATES	6:15pm RESTORATIVE YOGA	6:30pm VINYASA YOGA			

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.