

October 2025

Blue Mountain

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am			5:45am 			
5:45am		LES MILLS BODYATTACK LES MILLS CORE	LES MILLS sprint	LES MILLS BODYPUMP		
6:45am						SATURDAY
8am	Strength Development LES MILLS				 Strength Development LES MILLS	
8:30am						8:15am LES MILLS GRIT
9am	LES MILLS PILATES	LES MILLS CORE <i>Goat</i> FLOW		LES MILLS CORE LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
9am			BAMBOO BODIES seasonal fitness		BAMBOO BODIES seasonal fitness	
10am	10:30am 					10:15am 氣功 QIGONG
10:30am			SHINE DANCE FITNESS™		10:00am <i>Oula</i> CARDIO • CATHARSIS	
11am		TAI CHI CHIH!	10:45am 	TAI CHI CHIH!		SUNDAY
Noon	<i>Oula</i> CARDIO • CATHARSIS			LES MILLS BODYPUMP		10am
Noon						11 am
1:30pm						
4pm						<i>Oula</i> CARDIO • CATHARSIS
5pm	LES MILLS GRIT		LES MILLS GRIT			
5:30pm						
5:30pm	LES MILLS sprint	LES MILLS CORE	LES MILLS sprint	NEW! <i>Oula</i> CARDIO • CATHARSIS		
5:35pm	Strength Development LES MILLS		LES MILLS BODYPUMP			
6:45pm	HIGH fitness	6:05pm LES MILLS BODYBALANCE				

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.