

November 2025

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am		LES MILLS BODY PUMP	LES MILLS BODY COMBAT	LES MILLS GRIT		
6:30am						
7:30am						SATURDAY
8am		UPLIFT		UPLIFT		LES MILLS BODY ATTACK
9am					LES MILLS BODY PUMP	UPLIFT
9am		BAMBOO BODIES seasonal fitness		BAMBOO BODIES seasonal fitness		BAMBOO BODIES seasonal fitness
10am						
10:30am						
11:40am					LES MILLS GRIT	SUNDAY
12:10pm	LES MILLS BODY PUMP		LES MILLS BODY PUMP		12:15pm 	9:00am LES MILLS BODY PUMP
12:10pm						9:00am
1:30pm						10:00am 11/16 POP UP LES MILLS SHAPES
4pm				4:15am 		10:00am
4:30pm	LES MILLS FUNCTIONAL STRENGTH	LES MILLS BODY PUMP	LES MILLS BODY ATTACK	LES MILLS BODY PUMP		4:00 pm
5:15pm	LES MILLS CORE				 Gobble up a workout before your feast! Check the APP for special POP UPS, and Holiday Schedule	
5:30pm						
5:35pm		LES MILLS sprint		LES MILLS sprint		
5:35pm	5:45pm 	LES MILLS GRIT				
6:40pm		6:15pm 	6:30pm 			

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.