

January 2026

Downtown

Group Fitness and Mind & Body Schedule

happy new year



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	 Strength Development	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS GRIT		
6:30am						
7:30am						SATURDAY
8am		UPLIFT		UPLIFT		LesMILLS BODYATTACK
9am	 CARDIO + CATHARSIS				LesMILLS BODYPUMP	UPLIFT
9am		 seasonal fitness		 seasonal fitness		 seasonal fitness
10am			 CARDIO + CATHARSIS			 CARDIO + CATHARSIS
10:30am						
11:40am					LesMILLS GRIT	SUNDAY
12:10pm	LesMILLS BODYPUMP	 CARDIO + CATHARSIS	LesMILLS BODYPUMP	 CARDIO + CATHARSIS	 CARDIO + CATHARSIS	9:00am LesMILLS BODYPUMP
12:10pm						
1:30pm						10:05am LesMILLS Shapes
4pm						
4:30pm	LesMILLS FUNCTIONAL STRENGTH	LesMILLS BODYPUMP	LesMILLS BODYATTACK	LesMILLS BODYPUMP		
5:15pm	LesMILLS CORE					
5:30pm			 CARDIO + CATHARSIS			
5:35pm		LesMILLS Sprint		LesMILLS Sprint		
5:35pm	 CARDIO + CATHARSIS	LesMILLS GRIT				
6:40pm						

Find health, happiness, and community through Group Fitness. Free with your membership

2026

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.