

January 2026
Downtown

Group Fitness and Mind & Body Schedule



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|---------|---|--|---|--|---|--|
| 6am | <div><div>PEAK JOURNEY</div><div>Strength Development</div></div> | <div>LES MILLS</div> <div>BODYPUMP</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> | <div>LES MILLS</div> <div>GRIT</div> | <div><div>PEAK JOURNEY</div></div> | |
| 6:30am | <div><div>MORNING FLOW YOGA</div></div> | | <div><div>MORNING FLOW YOGA</div></div> | | | |
| 7:30am | | <div><div>MORNING FLOW YOGA</div></div> | | <div><div>MORNING FLOW YOGA</div></div> | | SATURDAY |
| 8am | | <div>UPLIFT</div> | | <div>UPLIFT</div> | | <div>LES MILLS</div> <div>BODYATTACK</div> |
| 9am | <div>Oula</div> <div>CARDIO • CATHARSIS</div> | <div><div>RESTORATIVE YOGA</div></div> | <div><div>PEAK STRENGTH</div></div> | <div><div>GENTLE YOGA</div></div> | <div>LES MILLS</div> <div>BODYPUMP</div> | <div>UPLIFT</div> |
| 9am | | <div>BAMBOO BODIES</div> <div>seasonal fitness</div> | <div><div>PEAK MAT PILATES</div></div> | <div>BAMBOO BODIES</div> <div>seasonal fitness</div> | <div><div>GENTLE YOGA</div></div> | <div>BAMBOO BODIES</div> <div>seasonal fitness</div> |
| 10am | | <div><div>PEAK STRENGTH LOWER BODY</div></div> | <div>Oula</div> <div>CARDIO • CATHARSIS</div> | <div><div>PEAK STRENGTH LOWER BODY</div></div> | | <div>Oula</div> <div>CARDIO • CATHARSIS</div> |
| 10:30am | <div><div>VINYASA YOGA</div></div> | <div><div>VINYASA YOGA</div></div> | <div><div>GENTLE YOGA</div></div> | <div><div>VINYASA YOGA</div></div> | <div><div>VINYASA YOGA</div></div> | <div><div>VINYASA YOGA</div></div> |
| 11:40am | | | | | <div>LES MILLS</div> <div>GRIT</div> | SUNDAY |
| 12:10pm | <div>LES MILLS</div> <div>BODYPUMP</div> | <div>Oula</div> <div>CARDIO • CATHARSIS</div> | <div>LES MILLS</div> <div>BODYPUMP</div> | <div>Oula</div> <div>CARDIO • CATHARSIS</div> | 12:15pm <div>Oula</div> <div>CARDIO • CATHARSIS</div> | 9:00am <div>LES MILLS</div> <div>BODYPUMP</div> |
| 12:10pm | <div><div>PEAK BARRE</div></div> | <div><div>PEAK MAT PILATES</div></div> | <div><div>PEAK MAT PILATES</div></div> | <div><div>PEAK MAT PILATES</div></div> | <div><div>PEAK MAT PILATES</div></div> | 9:00am <div><div>PEAK MAT PILATES</div></div> |
| 1:30pm | <div>SilverSneakers</div> | | <div>SilverSneakers</div> | | <div>SilverSneakers</div> | 10:05am <div>LES MILLS</div> <div>Shapes</div> |
| 4pm | | | | 4:15am <div><div>VINYASA YOGA</div></div> | | 10:00am <div><div>VINYASA YOGA</div></div> |
| 4:30pm | <div>LES MILLS</div> <div>FUNCTIONAL STRENGTH</div> | <div>LES MILLS</div> <div>BODYPUMP</div> | <div>LES MILLS</div> <div>BODYATTACK</div> | <div>LES MILLS</div> <div>BODYPUMP</div> | | 4:00 pm <div><div>PEAK BARRE</div></div> |
| 5:15pm | <div>LES MILLS</div> <div>CORE</div> | | <div><div>SLOW FLOW YOGA</div></div> | | | <div><div>RESTORATIVE YOGA</div></div> |
| 5:30pm | <div><div>VINYASA YOGA</div></div> | <div><div>PEAK MAT PILATES</div></div> | <div>Oula</div> <div>CARDIO • CATHARSIS</div> | | <div>Find health, happiness, and community through Group Fitness. Free with your membership</div> <div>2026</div> | |
| 5:35pm | | <div>LES MILLS</div> <div>sprint</div> | | <div>LES MILLS</div> <div>sprint</div> | | |
| 5:35pm | 5:45pm <div>Oula</div> <div>CARDIO • CATHARSIS</div> | <div>LES MILLS</div> <div>GRIT</div> | | <div><div>PEAK BARRE</div></div> | | |
| 6:40pm | <div><div>PEAK MAT PILATES</div></div> | 6:15pm <div><div>RESTORATIVE YOGA</div></div> | 6:30pm <div><div>VINYASA YOGA</div></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.