

February 2026

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 <small>LES MILLS</small>				 Strength Development <small>LES MILLS</small>	
8:30am						NEW! 8:00am LES MILLS Shapes
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 <small>seasonal fitness</small>		BAMBOO BODIES <small>seasonal fitness</small>	
10am	10:30am 					10:15am 氣功 QIGONG
10:30am			SHINE DANCE FITNESS™		10:00am <i>Oula</i> <small>CARDIO • CATHARSIS</small>	
11am		TAI CHI CHIH!	10:45am 	TAI CHI CHIH!		SUNDAY
Noon	<i>Oula</i> <small>CARDIO • CATHARSIS</small>		NEW! <i>Oula</i> 11:30am <small>CARDIO • CATHARSIS</small> 	LES MILLS BODYPUMP		
Noon						11 am
1:30pm						
4pm			4:15pm 	NEW! 4:30pm LES MILLS Shapes		<i>Oula</i> <small>CARDIO • CATHARSIS</small>
5pm	LES MILLS GRIT		LES MILLS GRIT			
5:30pm					NEW! Strength Development <small>LES MILLS</small>	
5:30pm	LES MILLS sprint	LES MILLS CORE	LES MILLS sprint		Find health, happiness, and community through Group Fitness. Free with your membership 	
5:35pm	Strength Development <small>LES MILLS</small>		LES MILLS BODYPUMP	<i>Oula</i> <small>CARDIO • CATHARSIS</small>		
6:45pm	POP-UPS 2/2 & 2/16! HIGH <small>fitness</small>	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.