

February 2026

Downtown

Group Fitness and Mind & Body Schedule



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					LesMILLS BODYPUMP		
9am							
10am							
10:30am							
						SUNDAY	
12:10pm	LesMILLS BODYPUMP		LesMILLS BODYPUMP		LesMILLS GRIT	9:00am LesMILLS BODYPUMP	
12:10pm						9:00am PEAK MAT PILATES	
1:30pm						10:05am LesMILLS Shapes	
4pm						10:00am VINYASA YOGA	
4:30pm	Strength Development	LesMILLS BODYPUMP	LesMILLS BODYATTACK	LesMILLS BODYPUMP			
5:15pm	LesMILLS CORE					5:00pm RESTORATIVE YOGA	
5:30pm						<p>Find health, happiness, and community through Group Fitness. Free with your membership</p>	
5:35pm		LesMILLS Sprint		LesMILLS Sprint			
5:35pm		LesMILLS GRIT					
6:40pm							

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.