

February 2026

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	<div>PEAK JOURNEY</div> <div>Strength Development</div>	<div>LES MILLS</div> <div>BODYPUMP</div>	<div>LES MILLS</div> <div>BODYCOMBAT</div>	<div>LES MILLS</div> <div>GRIT</div>	<div>PEAK JOURNEY</div>	
6:30am	<div>MORNING FLOW YOGA</div>		<div>MORNING FLOW YOGA</div>			
7:30am		<div>MORNING FLOW YOGA</div>		<div>MORNING FLOW YOGA</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>RESTORATIVE YOGA</div>	<div>PEAK STRENGTH</div>	<div>GENTLE YOGA</div>	<div>LES MILLS</div> <div>BODYPUMP</div>	<div>UPLIFT</div>
9am	<div>YIN YOGA</div>	<div>BAMBOO BODIES</div> <div>seasonal fitness</div>	<div>PEAK MAT PILATES</div>	<div>BAMBOO BODIES</div> <div>seasonal fitness</div>	<div>GENTLE YOGA</div>	<div>BAMBOO BODIES</div> <div>seasonal fitness</div>
10am						<div>Oula</div> <div>CARDIO • CATHARSIS</div>
10:30am	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>GENTLE YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</div>	<div>VINYASA YOGA</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>	<div>LES MILLS</div> <div>GRIT</div>	9:00am <div>LES MILLS</div> <div>BODYPUMP</div>
12:10pm	<div>PEAK BARRE</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	<div>PEAK MAT PILATES</div>	9:00am <div>PEAK MAT PILATES</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>VINYASA YOGA</div>		10:00am <div>VINYASA YOGA</div>
4:30pm	<div>Strength Development</div>	<div>LES MILLS</div> <div>BODYPUMP</div>	<div>LES MILLS</div> <div>BODYATTACK</div>	<div>LES MILLS</div> <div>BODYPUMP</div>		
5:15pm	<div>LES MILLS</div> <div>CORE</div>		<div>SLOW FLOW YOGA</div>			5:00pm <div>RESTORATIVE YOGA</div>
5:30pm	<div>VINYASA YOGA</div>	<div>PEAK MAT PILATES</div>	<div>Oula</div> <div>CARDIO • CATHARSIS</div>		<div>Find health, happiness, and community through Group Fitness. Free with your membership</div> <div></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>PEAK BARRE</div>		
6:40pm	<div>PEAK MAT PILATES</div>	6:15pm <div>RESTORATIVE YOGA</div>	6:30pm <div>VINYASA YOGA</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.