

# April 2026

## Downtown

### Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	PEAK JOURNEY Strength Development	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY COMBAT</b>	<b>LES MILLS GRIT</b>	PEAK JOURNEY	
6:30am	MORNING FLOW YOGA		MORNING FLOW YOGA			
7:30am		MORNING FLOW YOGA		MORNING FLOW YOGA		<b>SATURDAY</b>
8am		<b>UPLIFT</b>		<b>UPLIFT</b>		<b>LES MILLS BODY ATTACK</b>
9am	<i>Oula</i> CARDIO • CATHARSIS	RESTORATIVE YOGA	PEAK STRENGTH	GENTLE YOGA	<b>LES MILLS BODY PUMP</b>	<b>UPLIFT</b>
9am	YIN YOGA	<b>BAMBOO BODIES</b> seasonal fitness	PEAK MAT PILATES	<b>BAMBOO BODIES</b> seasonal fitness	GENTLE YOGA	<b>BAMBOO BODIES</b> seasonal fitness
10am						<i>Oula</i> CARDIO • CATHARSIS
10:30am	VINYASA YOGA	VINYASA YOGA	GENTLE YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
						<b>SUNDAY</b>
12:10pm	<b>LES MILLS BODY PUMP</b>	<i>Oula</i> CARDIO • CATHARSIS	<b>LES MILLS BODY PUMP</b>	<i>Oula</i> CARDIO • CATHARSIS	<b>LES MILLS GRIT</b>	9:00am <b>LES MILLS BODY PUMP</b>
12:10pm	PEAK BARRE	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	9:00am PEAK MAT PILATES
1:30pm	Silver Sneakers		Silver Sneakers		Silver Sneakers	10:05am <b>LES MILLS SHAPES</b>
4pm				4:15pm VINYASA YOGA		10:00am VINYASA YOGA
4:30pm	Strength Development	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY ATTACK</b>	<b>LES MILLS BODY PUMP</b>		4:00pm PEAK BARRE
5:15pm	<b>LES MILLS CORE</b>		SLOW FLOW YOGA			5:00pm RESTORATIVE YOGA
5:30pm	VINYASA YOGA	PEAK MAT PILATES	<i>Oula</i> CARDIO • CATHARSIS			
5:35pm		<b>LES MILLS SPRINT</b>		<b>LES MILLS SPRINT</b>		
5:35pm	5:45pm <i>Oula</i> CARDIO • CATHARSIS	<b>LES MILLS GRIT</b>		PEAK BARRE		
6:40pm	PEAK MAT PILATES	6:15pm RESTORATIVE YOGA	6:30pm VINYASA YOGA			

**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.