

March 2026

Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	PEAK JOURNEY Strength Development	LES MILLS BODY PUMP	LES MILLS BODY COMBAT	LES MILLS GRIT	PEAK JOURNEY	
6:30am	MORNING FLOW YOGA		MORNING FLOW YOGA			
7:30am		MORNING FLOW YOGA		MORNING FLOW YOGA		SATURDAY
8am		UPLIFT		UPLIFT		LES MILLS BODY ATTACK
9am	<i>Oula</i> CARDIO • CATHARSIS	RESTORATIVE YOGA	PEAK STRENGTH	GENTLE YOGA	LES MILLS BODY PUMP	UPLIFT
9am	YIN YOGA	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	GENTLE YOGA	BAMBOO BODIES seasonal fitness
10am						<i>Oula</i> CARDIO • CATHARSIS
10:30am	VINYASA YOGA	VINYASA YOGA	GENTLE YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
						SUNDAY
12:10pm	LES MILLS BODY PUMP	<i>Oula</i> CARDIO • CATHARSIS	LES MILLS BODY PUMP	<i>Oula</i> CARDIO • CATHARSIS	LES MILLS GRIT	9:00am LES MILLS BODY PUMP
12:10pm	PEAK BARRE	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	9:00am PEAK MAT PILATES
1:30pm	SilverSneakers		SilverSneakers		SilverSneakers	10:05am LES MILLS SHAPES
4pm				4:15am VINYASA YOGA		10:00am VINYASA YOGA
4:30pm	Strength Development <small>LES MILLS</small>	LES MILLS BODY PUMP	LES MILLS BODY ATTACK	LES MILLS BODY PUMP		4:00pm PEAK BARRE
5:15pm	LES MILLS CORE		SLOW FLOW YOGA			5:00pm RESTORATIVE YOGA
5:30pm	VINYASA YOGA	PEAK MAT PILATES	<i>Oula</i> CARDIO • CATHARSIS		<p>Find Health, Happiness, and Community through Group Fitness.</p> <p>Grow Into Spring March 20th-27th New music, workouts and giveaways.</p>	
5:35pm		LES MILLS sprint		LES MILLS sprint		
5:35pm	5:45pm <i>Oula</i> CARDIO • CATHARSIS	LES MILLS GRIT		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.