

July 2026
Downtown

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6am	PEAK JOURNEY Strength Development	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT	PEAK JOURNEY	
6:30am	MORNING FLOW YOGA					
7:30am	氣功 QIGONG	MORNING FLOW YOGA		MORNING FLOW YOGA		SATURDAY
8am		UPLIFT		UPLIFT		LES MILLS BODYATTACK
9am	Oula CARDIO • CATHARSIS	RESTORATIVE YOGA	PEAK STRENGTH	GENTLE YOGA	LES MILLS BODYPUMP	UPLIFT
9am	YIN YOGA	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	GENTLE YOGA	BAMBOO BODIES seasonal fitness
10am						Oula CARDIO • CATHARSIS
10:30am	VINYASA YOGA	VINYASA YOGA	GENTLE YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
						SUNDAY
12:10pm	LES MILLS BODYPUMP	Oula CARDIO • CATHARSIS	LES MILLS BODYPUMP	Oula CARDIO • CATHARSIS	LES MILLS GRIT	9:00am LES MILLS BODYPUMP
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	10:00am VINYASA YOGA
4pm				4:15pm VINYASA YOGA		
4:30pm	Strength Development	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP		4:00pm PEAK BARRE
5:15pm	LES MILLS CORE		SLOW FLOW YOGA			5:00pm RESTORATIVE YOGA
5:30pm	VINYASA YOGA	PEAK MAT PILATES	Oula CARDIO • CATHARSIS		Outdoor Tent POP-UP Classes! July 16th LM Pilates 4pm July 28th LM Bodybalance 5:30pm July 30th LM Pilates 4pm All members & guests welcome	
5:35pm		LES MILLS sprint		LES MILLS sprint		
5:35pm	5:45pm Oula CARDIO • CATHARSIS	LES MILLS GRIT		PEAK BARRE		
6:40pm	PEAK MAT PILATES	6:15pm RESTORATIVE 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.