

August 2026

Blue Mountain

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am			5:45am 			
5:45am						
6:30am						SATURDAY
8am					 	
8:30am						
9am						
9am						
10am	10:30am 					10:15am
10:30am						
11am			10:45am 			SUNDAY
Noon						
Noon						11 am
1:30pm						
4pm						
5pm						
5:30pm					End of Summer Outdoor Tent Pop ups @ Blue Mtn August 13th LM Shapes 4pm August 27th HOT Power Yoga 4pm All members and guests welcome!	
5:30pm						
5:35pm				5:45pm 		
6:30pm						

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.