

September 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		YOGA SCULPT			
7:30am	氣功 QIGONG	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA	PEAK BARRE	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
12:10pm		Express 30 min PEAK PEDAL				
12:10pm	LES MILLS BODYPUMP	Oula CARDIO • CATHARSIS	LES MILLS BODYPUMP	Oula CARDIO • CATHARSIS	LES MILLS GRIT	Sunday
12:10pm	PEAK BARRE	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	PEAK MAT PILATES	9:00am LES MILLS BODYPUMP
1:30pm	SilverSneakers	BAMBOO BODIES seasonal fitness	SilverSneakers	BAMBOO BODIES seasonal fitness	SilverSneakers	9:00am PEAK MAT PILATES
						10:05 am LES MILLS Shapes
4:30pm	Strength Development	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP		4:00pm PEAK BARRE
5:30pm	LES MILLS CORE		SLOW FLOW YOGA			5:00pm RESTORATIVE YOGA
5:30pm	VINYASA YOGA	PEAK MAT PILATES				
5:35pm		LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	Labor Day Monday 9/7 No Classes See app for weekend class details. Embody POP UP w/ Georgia Sun. 9/13 11am Downtown	
5:35pm	6:15pm Express 30 min. Oula CARDIO • CATHARSIS	LES MILLS GRIT	Oula CARDIO • CATHARSIS	PEAK BARRE		
6:40pm	PEAK MAT PILATES	6:15pm RESTORATIVE YOGA	6:30pm CORE POWER 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.