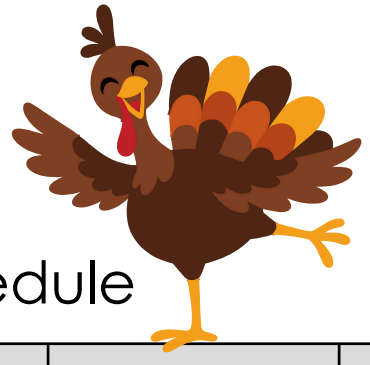
# November 2026

## Blue Mountain

Group Fitness and Mind & Body Schedule



PEAK GROUP FITNESS

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|---|---|---|---|---|---|---|
| 5:30am | | PEAK JOURNEY | 5:45am PEAK STRENGTH AND CARDIO | PEAK JOURNEY | | |
| 5:45am | PEAK STRENGTH AND CARDIO | LesMills BODYATTACK / LesMills CORE | LesMills sprint | LesMills BODYPUMP | PEAK STRENGTH AND PLYO | |
| 6:30am | | | MORNING FLOW YOGA | | | Saturday |
| 8am | Strength Development LesMills | PEAK JOURNEY | PEAK BODY SCULPT | PEAK POWER | PEAK PEDAL / Strength Development LesMills | PEAK JOURNEY |
| 8:30am | 8:15am PEAK JOURNEY | | BODY 401K | | BODY 401K | |
| 9am | LesMills PILATES | LesMills CORE Soul FLOW | PEAK STEP | LesMills CORE / LesMills BODYBALANCE | LesMills BODYCOMBAT | LesMills BODYPUMP |
| 9am | MAT PILATES | MAT PILATES | BAMBOO BODIES seasonal fitness | MAT PILATES | BAMBOO BODIES seasonal fitness | MAT PILATES |
| 10am | 10:30am CORE POWER YOGA | GENTLE YOGA | 10:45am GENTLE YOGA | GENTLE YOGA | Oula CARDIO + CATHARSIS | 10:15am QI GONG |
| 10:30am | SilverSneakers | SilverSneakers | SHINE DANCE FITNESS | SilverSneakers | | Oula CARDIO + CATHARSIS |
| 11am | | TAI CHI CHIH! | | TAI CHI CHIH! | | Sunday |
| Noon | Oula CARDIO + CATHARSIS | PEAK EXTREME | PEAK JOURNEY | LesMills BODYPUMP | PEAK EXTREME | |
| Noon | GENTLE YOGA | POWER YOGA | CORE POWER YOGA | MAT PILATES | GENTLE YOGA | 11am RESTORATIVE YOGA |
| 1:30pm | | SilverSneakers | CHAIR YOGA | SilverSneakers | | |
| 4:30pm | LesMills GRIT / LesMills BODYBALANCE | | LesMills Shapes | LesMills CORE | | 4pm Oula CARDIO + CATHARSIS |
| 5pm | | LesMills sprint | | LesMills sprint | | |
| 5:30pm | BARRE | VINYASA YOGA | POWER YOGA | YIN YOGA | Strength Development LesMills | |
| 5:30pm | LesMills sprint | | LesMills sprint | | | |
| 5:35pm | LesMills BODYPUMP | LesMills CORE | LesMills BODYPUMP | Oula X 5:45pm | | |
| 6:30pm | HIGH fitness POP UP 11/23 | | | | | |

We are Thankful for you.
Love,
Your Instructors

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.