# November 2026

## Downtown

Group Fitness and Mind & Body Schedule




PEAK
GROUP FITNESS

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|---|---|---|---|---|---|---|
| 6am | PEAK JOURNEY<br>Strength Development | LesMills BODYPUMP | LesMills BODYCOMBAT | LesMills GRIT | PEAK JOURNEY | |
| 6:30am | MORNING FLOW YOGA | | YOGA SCULPT | | | |
| 7:30am | QI GONG | MORNING FLOW YOGA | MORNING FLOW YOGA | MORNING FLOW YOGA | BARRE | **Saturday** |
| 8am | | UPLIFT | | UPLIFT | | LesMills BODYATTACK |
| 9am | Oula CARDIO + CATHARSIS | RESTORATIVE YOGA | PEAK STRENGTH | GENTLE YOGA | LesMills BODYPUMP | UPLIFT |
| 9am | YIN YOGA | BAMBOO BODIES seasonal fitness | MAT PILATES | BAMBOO BODIES seasonal fitness | GENTLE YOGA | BAMBOO BODIES seasonal fitness |
| 10am | | | | | | |
| 10:30am | VINYASA YOGA | VINYASA YOGA | GENTLE YOGA | VINYASA YOGA | VINYASA YOGA | VINYASA YOGA |
| 12:10pm | | | | | | |
| 12:10pm | LesMills BODYPUMP | Oula CARDIO + CATHARSIS | LesMills BODYPUMP | Oula CARDIO + CATHARSIS | LesMills GRIT | **Sunday** |
| 12:10pm | BARRE | MAT PILATES | MAT PILATES | MAT PILATES | MAT PILATES | 9:00am LesMills BODYPUMP |
| 1:30pm | SilverSneakers | BAMBOO BODIES seasonal fitness | SilverSneakers | BAMBOO BODIES seasonal fitness | SilverSneakers | 9:00am MAT PILATES |
| | | | | | | 10:05 am LesMills Shapes |
| 4:30pm | Strength Development | LesMills BODYPUMP | LesMills BODYATTACK | LesMills BODYPUMP | Strength Development | 4:00pm BARRE |
| 5:30pm | LesMills CORE | | 5:15pm SLOW FLOW YOGA | | | 5:00pm RESTORATIVE YOGA |
| 5:30pm | VINYASA YOGA | MAT PILATES | | | | |
| 5:35pm | | LesMills sprint | LesMills sprint | LesMills sprint | We are Thankful for you.<br>Love,<br>Your Instructors | |
| 5:35pm | 6:15pm Express 30 min. Oula CARDIO + CATHARSIS | LesMills GRIT | Oula CARDIO + CATHARSIS | BARRE | | |
| 6:40pm | 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.