



PEAK of POST FALLS - GROUP FITNESS SCHEDULE

Group Fitness Room

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
<u>5:05am</u>	LES MILLS BODYPUMP April		LES MILLS BODYPUMP April	LES MILLS BODYCOMBAT April	LES MILLS BODYPUMP April	7:30am	LES MILLS CXWORX Nikki	LES MILLS GRIT April
<u>8:15am</u>	LES MILLS BODYFLOW Babette		LES MILLS BODYFLOW Laura		LES MILLS BODYFLOW Babette	8:15am	LES MILLS BODYSTEP Nikki	LES MILLS BODYCOMBAT Anna
<u>9:30am</u>	LES MILLS BODYPUMP Anna	LES MILLS BODYCOMBAT April	LES MILLS BODYPUMP Anna	LES MILLS BODYSTEP Amy	LES MILLS BODYPUMP Anna	9:30am	LES MILLS BODYPUMP Lisa	LES MILLS BODYFLOW Jaqueline
<u>12pm/Noon Express Hour</u>	LES MILLS GRIT Amy	LES MILLS BODYPUMP Amy	LES MILLS BODYFLOW Jaqueline	LES MILLS BODYPUMP Amy				
<u>4:30pm</u>	LES MILLS BODYPUMP Heather	LES MILLS BODYSTEP Nikki	LES MILLS BODYPUMP Heather	LES MILLS GRIT Kaitlin	U-JAM!!! Kat			
<u>5:45pm</u>	LES MILLS CXWORX Nikki	LES MILLS BODYPUMP Regan	LES MILLS BODYCOMBAT Anna	LES MILLS BODYPUMP Regan				
<u>6:30pm</u>	BARRE above Megan							
<u>7:00pm</u>				LES MILLS BODYFLOW Lisa				
<u>POLICIES</u>	Sign-Up in MINDBODY App 2-Days in Advance				\$5 No Show Charge	Schedule Subject to Change		

RPM / Cycling Room

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
<u>5:15am</u>		LES MILLS RPM Kris		LES MILLS RPM Kaitlin				
<u>7:30am</u>						7:30am	LES MILLS RPM Kris	
<u>8:15am</u>		LES MILLS RPM Heather		LES MILLS RPM Heather				LES MILLS RPM Kaitlin
<u>5:45pm</u>	LES MILLS RPM Kaitlin		LES MILLS RPM Kris					
<u>POLICIES</u>	Signup Mindbody app 2-days in advance				\$5 No Show Charge			

U-JAM = Urban Dance Fitness	GRIT = High Intensity Interval Training
BodyCombat = Cardio Kickboxing	BodyStep = Step Aerobics
RPM = Indoor Cycling	Les Mills Core = 30 min Core Strength
BARREabove = Ballet Cardio Fusion	BodyFlow = Yoga/Pilates/Tai Chi
BodyPump = Strength Training	
Peak Health & Wellness of Post Falls / www.thepeakID.com	
927 E. Polston Ave, Post Falls, ID 83854 * 208-773-0601	