




PEAK Post Falls Class Schedule

Fall 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Group Fitness Studio							
5:05 AM		<i>Les Mills</i> BODYPUMP April	<i>Les Mills GRIT</i> STRENGTH Anna	<i>Les Mills</i> BODYPUMP April	<i>Les Mills</i> BODYCOMBAT Sammie	<i>Les Mills</i> BODYPUMP April	
7:30 AM							<i>Les Mills</i> CORE Nikki
8:15 AM	<i>Les Mills</i> BODYCOMBAT Anna	<i>Les Mills</i> BODYFLOW Babette		<i>Les Mills</i> BODYFLOW Laura		<i>Les Mills</i> BODYFLOW Babette	<i>Les Mills</i> BODYSTEP Nikki
9:30 AM	<i>Les Mills</i> BODYFLOW Jacqueline	<i>Les Mills</i> BODYPUMP Heather	<i>Les Mills</i> BODYCOMBAT April	<i>Les Mills</i> BODYPUMP Heather	<i>Les Mills</i> BODYSTEP Amy	<i>Les Mills</i> BODYPUMP Anna	<i>Les Mills</i> BODYPUMP Lisa
12:00 PM		<i>Les Mills</i> BODYCOMBAT Kaitlin 45 min express	<i>Les Mills</i> BODYPUMP Amy 45 min express	<i>Les Mills</i> BODYFLOW Jacqueline	<i>Les Mills</i> BODYPUMP Amy 45 min express		
4:30 PM		<i>Les Mills</i> BODYPUMP Anna	<i>Les Mills</i> BODYSTEP Nikki	<i>Les Mills</i> BODYPUMP Anna	<i>Les Mills GRIT</i> CARDIO Kaitlin	U JAM Kat	Classes 60 mins, BodyPump 55 min, Cycling 45 mins, GRIT 30 mins, Unless Indicated.
5:45 PM		BARRE ABOVE® Megan 45 min	<i>Les Mills</i> BODYPUMP Regan	<i>Les Mills</i> BODYCOMBAT Anna 45 min express	<i>Les Mills</i> BODYPUMP Regan		
7:00 PM					<i>Les Mills</i> BODYFLOW Lisa		

Sept 27 2021

Cycling Studio							
5:15 AM			<i>Les Mills</i> RPM Jenn		<i>Les Mills</i> RPM Kaitlin		
7:30 AM							<i>Les Mills</i> RPM Kris
8:15 AM			<i>Les Mills</i> RPM Heather		<i>Les Mills</i> RPM Heather	<i>Les Mills</i> RPM Jenn	 Group Schedule Download
5:45 PM		<i>Les Mills</i> RPM Kaitlin		<i>Les Mills</i> RPM Kris			



Peak Post Falls Is A Les Mills Certified Facility >>> Schedule & Instructors Subject To Change



All Classes Require A Reservation on the MindBody App. No Shows or Late Cancels are assessed \$5

Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-6pm >>> www.thePEAKid.com