



# PEAK Post Falls Class Schedule


Summer 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Group Fitness Studio

<b>5:05 AM</b>		<i>Les Mills</i> <b>BODYPUMP</b> April (55 min)		<i>Les Mills</i> <b>BODYPUMP</b> April (55 min)		<i>Les Mills</i> <b>BODYPUMP</b> April (55 min)	
<b>7:30 AM</b>							<i>Les Mills</i> <b>CORE</b> Nikki
<b>8:15 AM</b>	<i>Les Mills</i> <b>BODYCOMBAT</b> Anna	<i>Les Mills</i> <b>BODYFLOW</b> Babette		<i>Les Mills</i> <b>BODYFLOW</b> Laura		<i>Les Mills</i> <b>BODYFLOW</b> Babette	<i>Les Mills</i> <b>BODYSTEP</b> Nikki
<b>8:45 AM</b>			<i>Les Mills</i> <b>GRIT STRENGTH</b> Anna (30 min)		<i>Les Mills</i> <b>CORE</b> Nikki		
<b>9:30 AM</b>	<i>Les Mills</i> <b>BODYFLOW</b> Jacqueline	<i>Les Mills</i> <b>BODYPUMP</b> Anna	<i>Les Mills</i> <b>BODYCOMBAT</b> Sammie	<i>Les Mills</i> <b>BODYPUMP</b> Anna	<i>Les Mills</i> <b>BODYSTEP</b> Amy 45 min express	<i>Les Mills</i> <b>BODYPUMP</b> Anna	<i>Les Mills</i> <b>BODYPUMP</b> Lisa
<b>12:00 PM</b>			<i>Les Mills</i> <b>BODYPUMP</b> Amy 45 min express		<i>Les Mills</i> <b>BODYPUMP</b> Amy 45 min express		
<b>4:30 PM</b>		<i>Les Mills</i> <b>BODYPUMP</b> Heather (55 min)	<i>Les Mills</i> <b>BODYSTEP</b> Nikki	<i>Les Mills</i> <b>BODYPUMP</b> Heather (55 min)			Classes = 60 mins, Cycling = 45 mins, GRIT = 30 mins, Unless Indicated.
<b>5:45 PM</b>		<b>BARRE ABOVE®</b> Megan	<i>Les Mills</i> <b>BODYPUMP</b> Lisa (55 min)	<i>Les Mills</i> <b>BODYCOMBAT</b> Anna 45 min express	<i>Les Mills</i> <b>BODYPUMP</b> Lisa (55 min)		

## Cycling Studio

<b>5:15 AM</b>			<i>Les Mills</i> <b>RPM</b> Kris		<i>Les Mills</i> <b>RPM</b> Kait		
<b>7:30 AM</b>							<i>Les Mills</i> <b>RPM</b> Kris
<b>8:15 AM</b>	<i>Les Mills</i> <b>RPM</b> Kait		<i>Les Mills</i> <b>RPM</b> Heather		<i>Les Mills</i> <b>RPM</b> Heather		 <small>Group Schedule Download</small>
<b>5:45 PM</b>		<i>Les Mills</i> <b>RPM</b> Kait					



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](http://www.thePEAKid.com)