



# PEAK of POST FALLS - GROUP FITNESS SCHEDULE

## Group Fitness Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:05am	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	7:30am	LES MILLS <b>CXWORX</b>	
8:30am	LES MILLS <b>BODYFLOW</b>		LES MILLS <b>BODYSTEP</b> 45' Express		LES MILLS <b>BODYFLOW</b>	8am (Sat) 8:30am (Sun)	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYCOMBAT</b>
9:35am	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	BARRE <small>above</small>	LES MILLS <b>BODYPUMP</b>	9:15am (Sat) 9:35am (Sun)	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYFLOW</b>
10:45am	LES MILLS <b>BODYATTACK</b> 45' Express					10:30am	BARRE <small>above</small>	
12pm / Noon		LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b>				
4:30pm	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYATTACK</b> 45' Express				
5:45pm	LES MILLS <b>CXWORX</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>CXWORX</b>	LES MILLS <b>BODYPUMP</b>				
6:30pm	BARRE <small>above</small> LES MILLS <b>BODYFLOW</b>		LES MILLS <b>BODYCOMBAT</b> 45' Express					
7:00pm		U-JAM Fitness.		LES MILLS <b>BODYFLOW</b>				
<b>POLICIES</b>	Signup Mindbody app 2-days in advance					Schedule may change at any time		

## RPM / Cycling Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15am		LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>				
7:30am						7:30am	LES MILLS <b>RPM</b>	
8:30am		LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>				
12pm / Noon			LES MILLS <b>RPM</b>					
5:45pm	LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>					
<b>POLICIES</b>	Signup Mindbody app 2-days in advance						Effective: 1/1/19	

<b>Bodyflow</b> = Yoga/Pilates/Tai Chi <b>Bodycombat</b> = Cardio Kickboxing <b>RPM</b> = Indoor Cycling <b>BARREabove</b> = Ballet Cardio Fusion <b>Bodyattack</b> = Sport Conditioning Cardio	<b>Bodypump</b> = Strength Training <b>Bodystep</b> = Step Aerobics <b>CXWORX</b> = 30min Core Strength <b>U-JAM</b> = Urban Dance Fitness
<b>Peak Health &amp; Wellness of Post Falls / <a href="http://www.thepeakID.com">www.thepeakID.com</a></b> 927 E. Polston Ave, Post Falls, ID 83854 * <b>208-773-0601</b> M-F = 5am to 10pm / S & S = 7am to 6pm	