



PEAK Coeur d'Alene Class Schedule

Summer 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Swimming Pool

7:30 AM		<i>Aqua Fit</i> Tabi		<i>Aqua Fit</i> Narine		<i>Aqua Fit</i> Cate	
9:30 AM		<i>Aqua Fit</i> Tabi		<i>Aqua Fit</i> Chelsey		<i>Aqua Fit</i> Cate	

Group Fitness Studio

AM				Fit 4 Life Narine 8:30-9:15am <small>*small group studio</small>			STRONG Megan 7:45am
9:00 AM	Yoga Cheryl 9:15	Peak Physique Cate	Barre Cassidy	Peak Physique Cate	Bootcamp Tabi	Fusion Yoga Cheryl	ZUMBA Megan
10:30 AM		Kickboxing Megan	Bootcamp Cate	Yoga Cheryl	Barre Cate		
12:00 to 12:45 PM				Peak HIIT Lindsey			
4:30 PM					Bootcamp Lindsey	Body & Soul Tabi	Classes = 60 mins, Cycling = 45 mins, Water = 60 mins, Unless Indicated.
5:30 PM		LMT Megan	Bootcamp Cassidy	Body & Soul Power Tabi			
6:45 PM		Body & Soul Lexi	ZUMBA Megan	STRONG Megan			Indicates In Studio & FB Virtual

6/1/2023

Cycling Studio

5:15 AM			Spinning Amy				
6:30 AM		Cycle Sculpt Lindsey		Cycle Sculpt Julie		Spinning Lindsey	Spinning Amy M 7:45
8:00 to 10:15 AM	Spinning Katy 8:00-8:45			Bike-N-Barre Cate 10:15-11:00		Spinning Julie 9:15-10:00	Cycle Sculpt Julie 9:00-9:50
12:00 to 12:45 PM			Spinning Lindsey		Spinning Julie		 Group Schedule Download
4:30 PM & 5:30 PM		Bike Bootcamp Chelsey 5:30-6:15	Spinning Julie 4:30-5:15	Spinning Katy 5:30-6:15			



Download The Pulse Access App

All Classes Require A Reservation on the Pulse Access App.
No Shows or Late Cancels (1 hr or less) are assessed a \$5 fee

Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-7pm

www.PeakHealthGyms.com/Idaho

