



PEAK Coeur d'Alene Class Schedule

Spring 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Swimming Pool

7:30 AM		<i>Aqua Fit Tabi</i>		<i>Aqua Fit Narine</i>		<i>Aqua Fit Tabi</i>	
9:30 AM or 12:00		<i>Aqua Fit Tabi (9:30)</i>		<i>Aqua Fit Kandyce (9:30)</i>	<i>Aqua Fit Cate (noon)</i>	<i>Aqua Fit Cate (9:30)</i>	

Group Fitness Studio

AM		Fit 4 Life Narine 8:30-9:15am <small>*small group studio</small>					STRONG 7:45am Rotating instructor
9:00 AM	Yoga Cheryl 9:15	Peak Physique Cate	Barre Cassidy	Peak Physique Cate	Bootcamp Tabi	Fusion Yoga Cheryl	ZUMBA Lexi
10:30 AM			Bootcamp Cate	Yoga Cheryl	Barre Cate	Barre Kandyce	
12:00 to 12:45 PM		Peak HIIT Cassidy	Peak Release Cate	Peak HIIT Lindsey			<small>4/1/2024</small>
4:30 PM		Barre Mary 4:30-5:15		Barre Chelsey 4:30-5:15		Body & Soul Tabi	Classes = 60 mins, Cycling = 45 mins, Water = 60 mins, Unless Indicated.
5:30 PM		Body & Soul Lexi	BOOTCAMP Cassidy	Body & Soul Tabi	BOOTCAMP Lindsey		
6:45 PM			ZUMBA Lexi	BOOTCAMP Lexi 6:45-7:30			

Cycling Studio

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