




PEAK Coeur d'Alene Class Schedule


Winter 2025

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		<i>Aqua Fit Tabi</i>		<i>Aqua Fit Kandyce</i>		<i>Aqua Fit Cate</i>	

Group Fitness Studio							
AM		Fit 4 Life Narine 8:30-9:15 <small>*small group studio</small>					STRONG 7:45am Rotating instructor
9:00 AM	Fusion Yoga Cheryl (9:15)	Peak Physique Cate	Barre Cassidy	Peak Physique Cate	Bootcamp Tabi	Fusion Yoga Cheryl	ZUMBA Lexi
10:30 AM			Bootcamp Cate	Fusion Yoga Cheryl	Barre Cate	Barre HIIT Kandyce	
12:00 to 12:45 PM		Peak HIIT Lindsey	Peak Release Cate	Peak HIIT Lindsey	Peak Release Cate		<small>1/1/2025</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	STRONG Kandyce		
6:45 PM			ZUMBA Lexi				

Cycling Studio							
6:30 AM		Cycle Sculpt Lindsey		Cycle Sculpt Julie		Cycle Sculpt Lindsey	
8:00 to 10:15 AM	Spinning Katy 8:00-8:45	Bike Bootcamp Lexi 10:15-11:00	Spinning Heather 9:15-10:00	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		 <small>Group Schedule Download</small>
4:30 PM & 5:30PM		Cycle Sculpt 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	

 <small>Download The Pulse Access App</small>	<p>All Classes Require A Reservation on the Pulse Access App. No Shows or Late Cancels (1 hr or less) are assessed a \$5 fee</p>
	<p>Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-7pm www.PeakHealthGyms.com/Idaho</p>

