



PEAK Coeur d'Alene Class Schedule

Fall 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Swimming Pool

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

Group Fitness Studio

AM		Fit 4 Life Narine 8:30-9:15 *small group studio	Peak Tone 6:30am Mary		Peak Tone 6:30am Mary		STRONG 7:45am Rotating instructor
9:00 AM	Fusion Yoga Cheryl (9:15)	Peak Physique Cate	Barre Cassidy (9:15)	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		
4:30 PM		Barre Mary 4:30-5:15		Pilates Dani 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 Erica	Body & Soul Tabi	BOOTCAMP Erica		
6:45 PM			ZUMBA Lexi				

9/1/2025

Cycling Studio

6:30 AM		Cycle Sculpt Lindsey		Cycle Sculpt Chelsey		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 Cate 9:15-10:00	Cycle Sculpt Bayley 9:00-10:00
12:00 to 12:45 PM			Spinning Lindsey		Spinning Lexi		
4:30 PM & 5:30PM		Cycle Sculpt Bayley 5:30-6:15	Spinning Lexi 4:30-5:15	Spinning Katy 5:30-6:15	Spinning Lexi 4:30-5:15	Spinning Katy 5:30-6:15	

Schedule Download



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