



PEAK Coeur d'Alene Class Schedule

FALL 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Swimming Pool

7:30 AM		<i>Aqua Fit</i> Tabi		<i>Aqua Fit</i> Lexi		<i>Aqua Fit</i> Cate	
9:30 Mon/Fri 1:00 Tues		<i>Aqua Fit</i> Cheryl	<i>Aqua Fit</i> Cate			<i>Aqua Fit</i> Kandyyce	

Group Fitness Studio

AM			Peak Tone 6:30am Mary		Peak Tone 6:30am Mary	<i>Pedal & Power</i> Lindsey (6:15)	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 Kandyyce	
12:00 to 12:45 PM		Peak HIIT Lexi	Peak Release Cate	Peak HIIT Lindsey	Peak Release Cate		
4:30 PM		Barre Mary 4:30-5:15		Pilates Becki 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 Katy		
6:45 PM			ZUMBA Lexi				

9/1/2026

Cycling Studio

6:30 AM		<i>Cycle Sculpt</i> Lindsey		<i>Cycle Sculpt</i> Julie		<i>Pedal & Power</i> Lindsey (6:15)	
8:00 to 10:15 AM	<i>Spinning</i> Katy 8:00-8:45	<i>Bike Bootcamp</i> Lexi 10:15-11:00	<i>Spinning</i> Heather 9:15-10:00	<i>Bike Bootcamp</i> Cate 10:15-11:00		<i>Spinning</i> Cate 9:15-10:00	<i>Cycle Sculpt</i> Julie 9:00-10:00
12:00 to 12:45 PM			<i>Spinning</i> Lindsey		<i>Spinning</i> Julie		
4:30 PM & 5:30PM		<i>Cycle Sculpt</i> Bayley 5:30-6:15	<i>Spinning</i> Lexi 4:30-5:15	<i>Spinning</i> Katy 5:30-6:15		<i>Spinning</i> 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