



# PEAK Hayden Class Schedule


Spring 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Yoga Studio						
<b>7 - 9 AM</b>	Warm & Gentle Yoga Roni 8:00	Warm & Gentle Yoga Sandra 7:00		Warm & Gentle Yoga Sandra 7:00		Yoga Danielle 9:00
<b>9:15 AM</b>		Forever Fit Yoga Blend Sarah		Forever Fit Yoga Blend Ashley		Forever Fit Yoga Blend Sarah
<b>10:30 AM</b>			Warm & Gentle Yoga Sandra		Warm & Gentle Yoga Sandra	
<b>12:05 PM</b>				Yoga Lunch Break Vivianne		Yoga Lunch Break Vivianne
<b>6 &amp; 7 PM</b>		Hot Yoga Roni 7:00	Hot Yoga Amy 6:00	Hot Yoga Jenn 7:00	Hot Yoga Vivianne 6:00	

Group Fitness Studio						
<b>5:30 AM</b>			Transform Julie		Transform Julie	
<b>8:00 AM</b>			Strong Interval Patty (50 min)		RIP Patty (50 min)	
<b>9:00 AM</b>		Cardio Step Amber 9:00-9:50	Pilates Shawna 9:15	Cardio Step Teresa 9:00-9:50	Pilates Danielle 9:15	Strong Circuit Linda 9:15 Cardio Step Roni 9:00-9:50
<b>10:30 AM</b>		Forever Fit Olesia		Forever Fit Olesia		Zumba Heidi/Olesia RIP Roni 10:00-10:50
<b>11:00 AM</b>						
<b>4:30 PM</b>		Strong Circuit Linda	Pilates Becki	Kickboxing Shawna	Pilates Becki	
<b>5:45 PM</b>		Zumba Heidi	Body & Soul Cody	Barre Above Shawna	Body & Soul Dani	
<b>7:00 PM</b>						Classes are 60 mins, Unless Indicated.

Cycling Studio						
<b>5:30 AM</b>		Spinning Trena (50 min)		Spinning Trena (50 min)		Spinning Trena (50 min)
<b>8:00 AM</b>		Spinning Julie (50 min)		Spinning Julie (50 min)		Spinning Rachel S (50min) Rachel S 7:45
<b>9:15 AM</b>			Spinning Patty		Spinning Patty	
<b>4:30 PM</b>						
<b>6:00 PM</b>			Spinning Alana (50 min)		Spinning Alana (50 min)	


 All Classes Require A Reservation on the Pulse Access App. No Shows or Late Cancels will be assessed \$5  
 Classes & Instructors Are Subject To Change  
 Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-7pm >>> [www.PeakHealthGyms.com/Idaho](http://www.PeakHealthGyms.com/Idaho)