



PEAK Hayden Class Schedule


Fall 2024

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

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

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


 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

