



PEAK Hayden Class Schedule

Spring 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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		Forever Fit Yoga Blend Sarah	Warm & Gentle Yoga Sandra		Warm & Gentle Yoga Sandra		
12:05 PM						Yoga Lunch Break Sarah	
6 & 7 PM		Hot Yoga Roni 7:00	Hot Yoga Amy 6:00	Hot Yoga Jenn 7:00	Hot Yoga Staff 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 Dani 9:15	Cardio Step Teresa 9:00-9:50	Pilates Danielle 9:15	Strong Circuit Linda 9:15	Cardio Step Olesia/Teresa
10:30 AM		Forever Fit Olesia		Forever Fit Olesia		Zumba Heidi/Olesia	RIP 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.

3/24/2025

Cycling Studio

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

Group Schedule Download



All Classes Require A Reservation on the Pulse Access App. No Shows or Late Cancells will be assessed \$5
Classes & Instructors Are Subject To Change

Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-7pm >>> www.PeakHealthGyms.com/Idaho

