



PEAK Hayden Class Schedule

Spring 2026

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 Sandra		Forever Fit Yoga Blend Sarah		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 C.C. 7:00	Hot Yoga Christi 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		Barre Kandycy 9:15	Pilates Dani 9:15	Cardio Step Teresa 9:00-9:50	Pilates Danielle 9:15	Strong Circuit Linda 9:15 Zumba	Cardio Step Olesia/Teresa 9:00-9:50
10:30 AM		Forever Fit Olesia		Forever Fit Olesia		Olesia	RIP Olesia 10:00-10:50
11:00 AM							
4:30 PM		Strong Circuit Linda	Pilates Becki		Pilates Becki		
5:45 PM			Body & Soul Cody	Barre Above Shawna	Body & Soul Dani		
7:00 PM							Classes are 60 mins, Unless Indicated.

2/27/2026

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 RachelS (50min)	Spinning RachelS 7:45
9:15 AM			Spinning Patty (50 min)		Spinning Patty (50min)		 <p>Group Schedule Download</p>
4:30 PM							
6:00 PM			Spinning Bayley (50 min)		Spinning Mckenna (50mi)		

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

