



PEAK Hayden Class Schedule


Spring 2026

| 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 Sandra | | Forever Fit Yoga Blend Sarah | | Forever Fit Yoga Blend Rebecca |
| 10:30 AM | | Forever Fit Yoga Blend Sandra | Warm & Gentle Yoga Sandra | | Warm & Gentle Yoga Sandra | |
| 12:05 PM | | | | | Yoga Lunch Break C.C. | |
| 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 Kandyce 9:15 | Pilates Dani 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 Olesia |
| 11:00 AM | | | | | | RIP Olesia 10:00-10:50 |
| 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. |

| 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) |
| 9:15 AM | | | Spinning Patty (50 min) | | Spinning Patty (50min) |  |
| 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