



PEAK Post Falls Class Schedule

Winter 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Group Fitness Studio

5:05 AM		Les Mills BODYPUMP		Les Mills BODYPUMP	Les Mills BODYCOMBAT	Les Mills BODYPUMP	Les Mills Core
7:30 AM							
8:15 AM	Les Mills BODYCOMBAT	Les Mills BODYBALANCE		Les Mills BODYBALANCE		Les Mills BODYBALANCE	Les Mills BODYSTEP
9:30 AM	Les Mills BODYBALANCE	Les Mills BODYPUMP	Les Mills BODYCOMBAT	Les Mills BODYPUMP	Les Mills BODYSTEP	Les Mills BODYPUMP	Les Mills BODYPUMP
12:00 PM		Les Mills BODYCOMBAT 45 min express	Les Mills BODYPUMP 45 min express		Les Mills BODYPUMP 45 min express		
4:30 PM		Les Mills BODYPUMP	Les Mills BODYSTEP	Les Mills BODYPUMP	Les Mills GRIT CARDIO		Classes 60 mins, BodyPump 55 min, Cycling 45 mins, Core 30 mins, Unless Indicated.
5:45 PM		Les Mills BODYBALANCE	Les Mills BODYPUMP	Les Mills BODYCOMBAT	Les Mills BODYPUMP		
7:00 PM							

9/9/2022

Cycling Studio

5:15 AM			Les Mills RPM		Les Mills RPM		
7:30 AM							Les Mills RPM
8:15 AM			Les Mills RPM		Les Mills RPM		
12:00 PM							
5:45 PM		Les Mills RPM					



Peak Post Falls Is A Les Mills Certified Facility >>> Schedule & Instructors Subject To Change

All Classes Require A Reservation on the Pulse Access App. No Shows or Late Cancels are assessed \$5

Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-6pm >>> www.PeakHealthGyms.com/Idaho

