



# PEAK Post Falls Class Schedule

Winter 2025

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

## Group Fitness Studio

<b>5:05 AM</b>		<b>Les Mills BODYPUMP</b>		<b>Les Mills BODYPUMP</b>	<b>Les Mills BODYCOMBAT</b>	<b>Les Mills BODYPUMP</b>	
<b>5:30 AM</b>			<b>Les Mills GRIT STRENGTH</b>				
<b>7:30 AM</b>							<b>Les Mills Core</b>
<b>8:15 AM</b>	<b>Les Mills BODYCOMBAT</b>	<b>Les Mills BODYBALANCE</b>				<b>Les Mills BODYBALANCE</b>	<b>Les Mills BODYSTEP</b>
<b>8:45 AM</b>					<b>Les Mills Core</b>		
<b>9:30 AM</b>	<b>Les Mills BODYBALANCE</b>	<b>Les Mills BODYPUMP</b>	<b>Les Mills BODYCOMBAT</b>	<b>Les Mills BODYPUMP</b>	<b>Les Mills BODYSTEP</b>	<b>Les Mills BODYPUMP</b>	<b>Les Mills BODYPUMP</b>
<b>12:00 PM</b>			<b>Les Mills BODYPUMP</b>	<b>BARRE</b>	<b>Les Mills BODYPUMP</b>		
<b>4:30 PM</b>		<b>Les Mills BODYPUMP</b>	<b>Les Mills BODYSTEP</b>	<b>Les Mills BODYPUMP</b>	<b>Les Mills GRIT CARDIO</b>		
<b>5:45 PM</b>		<b>BARRE</b>	<b>Les Mills BODYPUMP</b>	<b>BARRE HIIT</b>	<b>Les Mills BODYPUMP</b>		
<b>7:00 PM</b>			<b>Les Mills BODYBALANCE</b>				



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



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