



PEAK Post Falls Class Schedule

Winter
2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Group Fitness Studio

5:05 AM

Les Mills
BODYPUMP

Les Mills
BODYPUMP

Les Mills BODYCOMBAT

Les Mills
BODYPUMP

5:30 AM

Les Mills GRIT
STRENGTH

6:15 AM

7:30 AM

Les Mills GRIT
STRENGTH

Les Mills
Core

8:15 AM

Les Mills
BODYCOMBAT

Les Mills
BODYBALANCE

YoPilates

Les Mills
BODYBALANCE

Les Mills
BODYSTEP

8:45 AM

Les Mills **Core**

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

YoPilates

Les Mills
BODYPUMP

BARRE

Les Mills BODYPUMP

4:30 PM

Les Mills
BODYPUMP

Les Mills
BODYCOMBAT

Les Mills
BODYPUMP

Les Mills GRIT CARDIO
4:30-5:00
BARRE HIIT 5:05-5:40

5:45 PM

BARRE

Les Mills
BODYPUMP

BARRE

Les Mills BODYPUMP

7:00 PM

Yoga



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



Download The
Pulse Access App