PEAK Hayden Class Schedule

Fall 2026

Yoga Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			*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* Christi 7:00	*Hot Yoga* C.C. 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** Rebecca 9:15	**Cardio Step** Teresa 9:00-9:50	**Pilates** Danielle 9:15	**Strong Circuit** Linda 9:15	**Cardio Step** Olesia/Teresa 9:00-9:50
10:30 AM		**Forever Fit** Olesia		**Forever Fit** Olesia		Zumba 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 Cody		
7:00 PM							Classes are 60 mins, Unless Indicated.

10/28/2026

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* Rachel S *(50min)*	*Spinning* Rachel S 7:45
9:15 AM			*Spinning* Patty *(50 min)*		*Spinning* Patty *(50min)*		
4:30 PM							
6:00 PM			*Spinning* Bayley *(50 min)*		*Spinning* Brittney *(50min*		

Group Schedule Download

Download the Pulse Access App

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