

# Peak Fitness & Health group fitness timetable



60 min. classes, except HIIT, RPM, CORE and JUNIORS which are 45 min. except Sunday CORE which is 30 min.

GO PEAK	05.45	06.00	07.15	08.15	09.15	10.30	12.15	17.30	17.45	18.30	GO AGAIN
MONDAY	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM</b>			LES MILLS <b>CORE</b>	PEAK <b>60+ CIRCUIT</b>	PEAK <b>HIIT</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM</b>		MONDAY
TUESDAY	LES MILLS <b>RPM</b>	PEAK <b>HIIT</b>			PEAK <b>HIIT</b>			PEAK <b>RUN CLUB</b>	LES MILLS <b>CORE</b>		TUESDAY
WEDNESDAY	LES MILLS <b>BODYPUMP</b> LES MILLS <b>RPM</b>				LES MILLS <b>BODY BALANCE</b>	PEAK <b>60+ CIRCUIT</b>	PEAK <b>HIIT</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>RPM</b>	LES MILLS <b>BODY BALANCE</b>	WEDNESDAY
THURSDAY	LES MILLS <b>RPM</b>	LES MILLS <b>CORE</b>			PEAK <b>HIIT</b>			PEAK <b>HIIT</b> PEAK <b>RUN CLUB</b>			THURSDAY
FRIDAY	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM</b>			LES MILLS <b>BODY BALANCE</b>		PEAK <b>HIIT</b>	LES MILLS <b>BODYPUMP</b>			FRIDAY
SATURDAY			LES MILLS <b>RPM</b> PEAK <b>HIIT</b>	PEAK <b>VIRTUAL STEP</b> 08.00							SATURDAY
SUNDAY				LES MILLS <b>BODYPUMP</b> 08.30	LES MILLS <b>VIRTUAL BODY BAL.</b> 09.45						SUNDAY
GO AGAIN	05.45	06.00	07.15	08.15	09.15	10.30	12.15	17.30	17.45	18.30	GO PEAK