

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 BODYPUMP	LES MILLS RPM			LES MILLS CORE	PEAK 60+ CIRCUIT	PEAK HIIT	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODY BALANCE	MONDAY
TUESDAY	LES MILLS RPM	PEAK HIIT			PEAK HIIT			PEAK RUN CLUB	LES MILLS CORE		TUESDAY
WEDNESDAY	LES MILLS BODYPUMP LES MILLS RPM				LES MILLS BODY BALANCE	PEAK 60+ CIRCUIT	PEAK HIIT	LES MILLS BODYSTEP	LES MILLS RPM		WEDNESDAY
THURSDAY	LES MILLS RPM	LES MILLS CORE PEAK HIIT			PEAK HIIT			PEAK RUN CLUB			THURSDAY
FRIDAY	LES MILLS BODYPUMP LES MILLS RPM				LES MILLS BODY BALANCE		PEAK HIIT	LES MILLS BODYPUMP			FRIDAY
SATURDAY			LES MILLS RPM PEAK HIIT	PEAK VIRTUAL STEP 08.00							SATURDAY
SUNDAY				LES MILLS BODYPUMP 08.30	LES MILLS VIRTUAL BODY BAL. 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