

# CLASS SCHEDULE: PEAK PERFORMANCE FITNESS



	<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>		<b>Sa</b>	<b>Su</b>
5:30 am	TBC Pace Danielle	Pilates Danielle	Variety Hour Danielle		TBC Pace Danielle	7:45 am	Body Sculpt Danielle	
8:30 am	Step & Sculpt Rachell	Body Sculpt Susan	Zumba Rachelle	Body Sculpt Jacque	9 am Cardio 30 min Jacque	7:45 am	ABS Danielle	
9:30 am			Yoga Bunny		PIYO Jacque	9:00 am	Zumba Kaitlyn	
4:30 pm	Yoga Rianne					10:00 am	Pilates Susan/Jacque	
5:30 pm		Zumba Kaitlyn				11:00 am		Yoga Rianne
5:45 pm			INSANITY! Megan 6pm start	Body Sculpt Danielle	Power Yoga Kate			
6:45 pm	Pilates Danielle							
7:00 pm				Zumba Alicia				



**Spinning Classes:** Signups first-come basis  
 Members may reserve up to 7 days ahead: 10 rsvps \$15

## CLUB HOURS

Mon. – Thurs. 5am - 12am\*  
 Friday 5am – 9pm  
 Sat. & Sun. 7am – 7pm

\*Must enter club by 10:30 pm  
**(317) 257-6218**

[www.Peakperformancefitnesscenter.com](http://www.Peakperformancefitnesscenter.com)

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8:30 am	Karen					Mark	
9:30am			Lynn				
10:00 am							Karen/ Bob
5:45 pm							
6:00 pm	Stephanie		Mark				

PEAK PERFORMANCE reserves the right to make changes to this schedule at any time.