

CLASS SCHEDULE: PEAK PERFORMANCE FITNESS



	M	Tu	W	Th	F		Sa	Su
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		
5:30 pm		Zumba Kaitlyn				11:00 am		Yoga Rianne
5:45 pm	HIIT INTENSITY DeeDee		POUND! Karen 6pm start	Body Sculpt Danielle	Power Yoga Kate			
6:45 pm								
7:00 pm				Zumba Alicia				



Spinning Classes: Signups first-come basis
Members may reserve up to 7 days ahead: 10 rsvs \$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.comm

	M	Tu	W	Th	F	Sa	Su
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.