

# CLASS SCHEDULE: PEAK PERFORMANCE FITNESS



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



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

|          | M      | Tu | W          | Th | F | Sa   | Su         |
|----------|--------|----|------------|----|---|------|------------|
| 8:30 am  | Karen  |    |            |    |   | Mark |            |
| 9:30am   |        |    |            |    |   |      |            |
| 10:00 am |        |    |            |    |   |      | Karen/ Bob |
| 5:45 pm  |        |    |            |    |   |      |            |
| 6:00 pm  | DeeAnn |    | Mark/Chris |    |   |      |            |

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