

PEAK FITNESS

CLASS SCHEDULE JANUARY 2019

PEAK PERFORMANCE

	8.30AM	9.50AM	10.30AM	6.20PM
MONDAY			NEW TIME! CORE AYEN	PEAK THRESHOLD LEONARDO
TUESDAY			PEAK THRESHOLD LEONARDO	
WEDNESDAY				PEAK THRESHOLD LEONARDO
THURSDAY			CORE LEONARDO	CORE AYEN
FRIDAY				
SATURDAY		9.50AM	10.30AM	
			PEAK PERFORMANCE BLOCK PEAK FIT TEAM	
SUNDAY				