



THE PEAKS
Resort & Spa
TELLURIDE

2023 GROUP FITNESS SCHEDULE:
February 1- April 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 – 8:45 CYCLE Roby <i>Cycle Studio</i>	8:00am – 8:45am CYCLE Eliza <i>Cycle Studio</i>		8:00am – 8:45am PILATES MAT Kat <i>Cycle Studio</i>		8:00 – 9:00 PRE-SKI STRETCH Roby <i>Cycle Studio</i>	8:00am – 8:45am SKI CONDITIONING Danni <i>Cycle Studio</i>
	9:00am – 9:45am SLOW FLOW YOGA Eliza <i>Yoga Studio</i>	9:15am-10:15am BIKE & BURN Heather <i>Cycle Studio</i>	9:00am -10:00am FORREST YOGA Cher <i>Yoga Studio</i>	9:15am-10:15am BIKE & BURN Heather <i>Cycle Studio</i>	9:00am-9:45am CYCLE Roby <i>Cycle Studio</i>	9:00am-10:00am SKI FLEXIBILITY & MOBILITY Danni <i>Cycle Studio</i>
	10:00am – 10:45am KAIUT YOGA Eliza <i>Yoga Studio</i>	10:30am - 11:30am STRENGTHEN & LENGTHEN Deb <i>Cycle Studio</i>	10:15am-11:15am YOGA FLOW Valerie <i>Yoga Studio</i>	10:30am-11:30am STRENGTHEN & LENGTHEN Deb <i>Cycle Studio</i>		10:15am – 11:15am AQUA AEROBICS Danni <i>Indoor Lap Pool</i>
4:00pm –5:00pm APRES SKI PILATES MAT Kalli <i>Yoga Studio</i>	3:00pm-4:00pm BREATH WORK Rhea <i>Yoga Studio</i>	5:00-6:00 pm MEDITATION & JOURNALING Rhea <i>Yoga Studio</i>	5:15pm-6:15pm FOAM ROLL & RECHARGE Jess <i>Yoga Studio</i>		2:00pm-3:00pm PILATES MAT Jess <i>Yoga Studio</i>	
6:15pm – 7:00pm Sound Meditation Dermot <i>Yoga Studio</i>						

Class Schedule is subject to change, please see the Mindbody app for all updates.

All group fitness classes are held in the Spa. The Cycle Studio is on the Fitness Floor on Level A.

The Yoga Studio and Lap Pool are below Level A and are located on Level B.