



# PEAK FITNESS CLASSES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Body Sculpting (Free to members ONLY)		5:30am ABC Aerobics (Free to members only)				
					8:00am – 9:25am Modern Arnis (FMA) Instructor:WH	
11:30am-1:00pm Karate & Jujitsu Instructor:WH		11:30am-1:00pm Karate&Small Circle Jujitsu Instructor:WH		10:00am-12:00pm Modern Arnis (FMA) Instructor:WH	10:00am-11:30am Kali (FMA) Instructor:WH	11:15am-12:30pm Vinyasa Yoga
5:30pm- 6:25pm Kids Karate Instructor:WH	5:30pm- 6:25pm Kids Karate Instructor:WH	5:30pm- 6:25pm Advanced Kids Karate Instructor:WH	5:30pm- 6:25pm Kids Karate Instructor:WH			
6:30pm- 7:25pm Adult Karate Instructor:WH	6:30pm- 7:25pm Adult Karate Instructor:WH	6:30pm – 7:25pm Modern Arnis (FMA) Instructor:WH	6:30pm- 7:25pm Adult Karate Instructor:WH	6:30pm-7:30pm Zumba		
7:30pm-8:30pm Rotating Class Instructor:WH	7:30pm-8:30pm Small Circle Jujitsu Instructor:WH	7:30pm-8:30pm Jeet Kun Do Instructor:WH	7:30pm-8:30pm Small Circle Jujitsu Instructor:WH			

### CONTACT US!

Phone: 317-257-6218

5030 E. 62<sup>nd</sup> St., Indianapolis, IN 46220

Instagram: peakperformfit

Facebook: facebook.com/peakfitnessindy

Website: www.peakperformancefitnesscenter.com

### Club Hours:

Mon-Fri 5am-9pm

Sat/Sun 8am-5pm

### Desk Staff

Mon-Fri 10am-7pm

Sat/Sun 10am-5pm



Voted  
#1 Gym on  
Indy's A-List  
2011017 !!  
No A-List voting  
2018-2021

Classes: 10.00 for all, pay cash to instructor prior to class

All Will Higginbotham classes are per arrangement with him only(WH)