



CLASSES SCHEDULE: PEAK FITNESS

Rev. 7-14-2022



* (In Bold) Will Higginbotham classes 317-696-7441

M	TU	W	TH	F	SA	SU
5:30am Body Sculpting FREE to members ONLY		5:30am ABC Aerobics FREE to members ONLY			8:00-9:25am Modern Arnis (FMA)	
8:00am Peak Pump	8:00am Strength	8:00am Peak Pump	8:00am Pilates		8:30am Spinning	
11:30am-1:00pm Karate & Jujitsu		11:30-1:00pm Karate & Small Circle Jujitsu		10:00am-Noon Modern Arnis (FMA)	10:00am-11:30am Kali (FMA)	
						11:15am Vinyasa Yoga
	5:30pm Gentle Flow Yoga	5:30-6:25pm Advanced Kids Karate	5:30pm Vinyasa Yoga			
5:30-6:25pm Kids Karate	5:30-6:25pm Kids Karate	6:00pm Spinning	5:30-6:25pm Kids Karate			
6:30-7:25pm Adult Karate	6:30-7:25pm Adult Karate	6:30-7:25pm Modern Arnis (FMA)	6:30-7:25pm Adult Karate	6:30-7:30pm Silat		
7:30-8:30pm Rotating Class	7:30-8:30pm Small Circle Jujitsu	7:30-8:30pm Jeet Kun Do	7:30-8:30pm Small Circle Jujitsu			



Classes are **\$5.00** for all. Pay cash to the class instructors prior to class. Will H's classes are per arrangement with him only.

CALL: 317-257-6218

5030 E. 62nd St. Indianapolis 46220
(North of Blind Owl Brewery in strip mall)

Instagram: peakperformfit
Facebook: facebook.com/PeakFitnessIndy
www.peakperformancefitnesscenter.com

CLUB HOURS:

M-F 5 am - 9 pm
Sat/Sun 8 am - 5 pm



Voted
#1 Gym on Indy's A-List 2011-2017 !!
No A-List voting 2018-2021