

MAY CLASS SCHEDULE 2024 ✨

ALLIED GROUP FITNESS



SIGN UP FOR CLASSES AT ALLIEDGROUPFITNESS.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM SPIN & STRENGTH, 6:30PM	02 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	03 FULL CIRCUIT, 5:30AM ★GLOW ZUMBA PARTY, 5:30PM★	04 DUMBBELL STRENGTH, 8AM JUMPS, 9AM POUND, 10AM
05 TOTAL BODY STRENGTH, 8AM POUND, 9AM YOGA FLOW, 10AM JUMPS, 11:15AM	06 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	07 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	08 SPIN CYCLE, 5:30AM WERQ, 5:30PM JUMPS FOR BEGINNERS, 4:30PM SPIN & STRENGTH, 6:30PM	09 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	10 FULL CIRCUIT, 5:30AM	11 DUMBBELL STRENGTH, 8AM JUMPS, 9AM POUND, 10AM
12 TOTAL BODY STRENGTH, 8AM POUND, 9AM YOGA FLOW, 10AM JUMPS, 11:15AM	13 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	14 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	15 SPIN CYCLE, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	16 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	17 FULL CIRCUIT, 5:30AM	18 DUMBBELL STRENGTH, 8AM JUMPS, 9AM ZUMBA, 10AM
19 TOTAL BODY STRENGTH, 8AM POUND, 9AM YOGA FLOW, 10AM JUMPS, 11:15AM	20 SPIN CYCLE, 5:30AM WERQ, 5:30PM DUMBBELL STRENGTH, 6:30PM	21 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	22 SPIN CYCLE, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	23 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	24 FULL CIRCUIT, 5:30AM	25 JUMPS, 9AM POUND, 10AM
26 	27 	28 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	29 SPIN CYCLE, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	30 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	31 FULL CIRCUIT, 5:30AM	SPIN CYCLING CARDIO YOGA STRENGTH POUND

UPDATED 4/26/24

CLASS SCHEDULE SUBJECT TO CHANGE!