

# APRIL 2026 CLASS SCHEDULE

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	<b>2</b> BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	<b>3</b> SPIN CYCLE, 5:30AM	<b>4</b> PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
<b>5</b> POUND, 9AM YOGA FLOW, 10AM ✨ GLOW WERQ, 5:30PM ✨	<b>6</b> BIKE & BARRE, 5:30AM WERQ, 5:30PM DUMBBELL STRENGTH, 6:30PM	<b>7</b> SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	<b>8</b> SPIN CYCLE, 5:30AM ZUMBA, 5:30PM PULSE & POWER, 6:30PM	<b>9</b> BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	<b>10</b> SPIN CYCLE, 5:30AM	<b>11</b> PULSE & POWER, 8AM JUMPS, 9AM DANCE, DUMBBELLS & DONUTS, 10AM <small>COMES WITH A DRINK FROM BLACK RIVER COFFEE CO &amp; DONUTS AFTER CLASS!</small>
<b>12</b> POUND, 9AM YOGA FLOW, 10AM ✨ GLOW WERQ, 5:30PM ✨	<b>13</b> BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	<b>14</b> SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	<b>15</b> SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	<b>16</b> BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	<b>17</b> SPIN CYCLE, 5:30AM	<b>18</b> PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
<b>19</b> POUND, 9AM YOGA FLOW, 10AM ✨ GLOW WERQ, 5:30PM ✨	<b>20</b> BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	<b>21</b> SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	<b>22</b> SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	<b>23</b> BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	<b>24</b> SPIN CYCLE, 5:30AM	<b>25</b> PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
<b>26</b> POUND, 9AM YOGA FLOW, 10AM	<b>27</b> BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	<b>28</b> SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	<b>29</b> SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	<b>30</b> BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM		SPIN CYCLING CARDIO YOGA STRENGTH POUND

UPDATED 3/29/2026