

AUGUST 2026 CLASS SCHEDULE



SUN	MON	TUE	WED	THU	FRI	SAT
30 ZUMBA, 9AM	31 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	POUND CARDIO YOGA STRENGTH SPIN CYCLING FREE CLASS PREMIUM CLASS				1 JUMPS, 9AM ZUMBA, 10AM
2 MAT PILATES 10AM	3 BIKE & BARRE, 5:30AM FREE DOWNTOWN ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	4 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	5 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	6 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	7 SPIN CYCLE, 5:30AM	8 FREE POUND @ FARMERS MARKET, 8AM
9 POUND, 9AM YOGA FLOW, 10AM	10 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	11 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM FREE DOWNTOWN POUND, 6:30PM	12 SPIN CYCLE, 5:30AM WERQ, 5:30PM	13 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	14 SPIN CYCLE, 5:30AM	15 JUMPS, 9AM PULSE & POWER, 10AM
16 MAT PILATES 10AM	17 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	18 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	19 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM PULSE & POWER, 6:30PM	20 BIKE & BARRE, 5:30AM JUMPS, 5:30PM	21 SPIN CYCLE, 5:30AM	22 JUMPS, 9AM PULSE & POWER, 10AM
23 POUND, 9AM YOGA FLOW, 10AM	24 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	25 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	26 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	27 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	28 SPIN CYCLE, 5:30AM	29 JUMPS, 9AM WERQ & PERK, 10AM COMES WITH A DRINK FROM BLACK RIVER COFFEE CO AFTER CLASS!