




DECEMBER CLASS SCHEDULE 2025

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
	1 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	2 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	3 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	4 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	5 FREE SPIN CYCLE, 5:30AM	6 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
7 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	8 BIKE & BARRE, 5:30AM WERQ, 5:30PM DUMBBELL STRENGTH, 6:30PM	9 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	10 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	11 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	12 SPIN CYCLE, 5:30AM	13 PULSE & POWER, 8AM JUMPS, 9AM TAYLOR SWIFT BIRTHDAY WERQ PARTY, 10AM
14 FREE SPIN CYCLE, 9AM GLOW WERQ, 5:30PM	15 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	16 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	17 SPIN CYCLE, 5:30AM HOLISLAY WERQ, 5:30PM PULSE & POWER, 6:30PM	18 BIKE & BARRE, 5:30AM JUMPS, 5:30PM	19 SPIN CYCLE, 5:30AM POUND FOR A PURPOSE, 5:30PM @EAGLE RIDGE CHURCH	20 PULSE & POWER, 8AM JINGLE JUMPS, 9AM
21 HOLISLAY WERQ, 5:30PM	22 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	23 SPIN & STRENGTH, 5:30AM POUND, 12PM PULSE, POWER & PRESENTS, 5:30PM	24  60 MINUTE SPIN CYCLE & ZUMBA TONING, 7AM	25  REST DAY!	26 SPIN CYCLE, 5:30AM	27 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
28 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	29 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	30 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM	31  BIKE & BARRE, 7AM			SPIN CYCLING CARDIO YOGA STRENGTH POUND HOLIDAY THEMED

UPDATED 12/7/25

CLASS SCHEDULE SUBJECT TO CHANGE!