FEBRUARY 2026 CLASS SCHEDULE ♥

ALLIED GROUP FITNESS

SUN	MON	TUE	WED	THU	FRI	SAT
1 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	**2** BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	**3** SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	**4** SPIN CYCLE, 5:30AM ZUMBA, 5:30PM PULSE & POWER, 6:30PM	**5** BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	**6** SPIN CYCLE, 5:30AM GLOW PULSE & POWER, 5:30PM	**7** PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
8 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	**9** BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	**10** SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	**11** SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	**12** BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	**13** SPIN CYCLE, 5:30AM GLOW ZUMBA, 5:30PM	**14** VALENTINES DAY @ AGF! ♥ ♥ ♥ ♥ ♥ PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM BE MINE
15 POUND, 9AM YOGA FLOW, 10AM 🎉 MEGHAN'S GLOW 🎉 BIRTHDAY WERQ, 5:30PM	**16** BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	**17** SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	**18** SPIN CYCLE, 5:30AM 🎉 MEGHAN'S GLOW 🎉 BIRTHDAY WERQ, 5:30PM PULSE & POWER, 6:30PM	**19** BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	**20** SPIN CYCLE, 5:30AM GLOW ZUMBA, 5:30PM	**21** PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
22 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	**23** BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	**24** SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	**25** SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	**26** BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	**27** SPIN CYCLE, 5:30AM	**28** PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM

SPIN CYCLING   CARDIO   YOGA   STRENGTH   POUND

UPDATED 2/8/2026

CLASS SCHEDULE SUBJECT TO CHANGE!