

JULY 2026 CLASS SCHEDULE

ALLIED GROUP FITNESS



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