

JULY CLASS SCHEDULE 2024 ✨

SIGN UP FOR CLASSES AT ALLIEDGROUPFITNESS.COM

ALLIED GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	02 SPIN CYCLE, 5:30AM POUND, 12:15PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	03 SPIN & SCULPT, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	04  🇺🇸 90 MINUTE FOURTH OF JULY SPIN CYCLE, 8AM	05 	06  🇺🇸 STARS & STRIKES POUND, 9AM
07 	08 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	09 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM FREE POUND DOWNTOWN, 6:30PM	10 SPIN & SCULPT, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	11 SPIN CYCLE, 5:30AM POUND & POUR @ CRAZY VINES WINERY, 5PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	12 FULL CIRCUIT, 5:30AM	13 FREE YOGA FLOW @ FARMER'S MARKET, 8AM DUMBBELL STRENGTH, 8AM JUMPS, 9AM POUND, 10AM
14 POUND, 9AM	15 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	16 SPIN CYCLE, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	17 SPIN & SCULPT, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	18 SPIN CYCLE, 5:30AM POUND, 4:30PM FREE YOGA DOWNTOWN, 12PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	19 FULL CIRCUIT, 5:30AM	20 DUMBBELL STRENGTH, 8AM JUMPS, 9AM POUND, 10AM
21 POUND, 9AM INTRO TO JUMPS, 10AM	22 SPIN CYCLE, 5:30AM FREE ZUMBA DOWNTOWN, 5:30PM DUMBBELL STRENGTH, 6:30PM	23 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	24 SPIN & SCULPT, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM	25 SPIN CYCLE, 5:30AM POUND, 4:30PM TOTAL BODY STRENGTH, 5:30PM SPIN CYCLE, 6:30PM	26 FULL CIRCUIT, 5:30AM	27 FREE POUND @ FARMER'S MARKET, 8AM DUMBBELL STRENGTH, 8AM JUMPS, 9AM
28 POUND, 9AM	29 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	30 FULL CIRCUIT, 5:30AM POUND, 12PM JUMPS, 4:30PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	31 SPIN & SCULPT, 5:30AM WERQ, 5:30PM SPIN & STRENGTH, 6:30PM			SPIN CYCLING STRENGTH CARDIO POUND YOGA FREE OUTSIDE CLASS

UPDATED 6/30/24

CLASS SCHEDULE SUBJECT TO CHANGE!