


JUNE CLASS SCHEDULE 2025

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
1 POUND, 9AM YOGA FLOW, 10AM	2 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	3 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	4 FULL POWER, 5:30AM WERQ, 5:30PM JUMPS, 6:30PM	5 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	6 BIKE & BARRE, 5:30AM	7 FULL POWER, 8AM JUMPS, 9AM POUND, 10AM
8 POUND, 9AM YOGA FLOW, 10AM	9 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	10 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	11 FULL POWER, 5:30AM WERQ, 5:30PM JUMPS, 6:30PM	12 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	13 SPIN & SCULPT, 5:30AM	14 FULL POWER, 8AM JUMPS, 9AM POUND, 10AM
15 POUND, 9AM YOGA FLOW, 10AM	16 SPIN CYCLE, 5:30AM WERQ, 5:30PM DUMBBELL STRENGTH, 6:30PM	17 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	18 FULL POWER, 5:30AM FREE ZUMBA DOWNTOWN, 5:30PM JUMPS, 6:30PM	19 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	20 BIKE & BARRE, 5:30AM	21  DUMBBELLS DANCE & DONUTS, 8AM-10AM 30 MIN WERQ & 30 MIN STRENGTH TRAINING CLASS FOLLOWED BY FREE TREATS, COFFEE & MIMOSAS! POUND, 10AM
22 POUND, 9AM YOGA FLOW, 10AM	23 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	24 BIKE & BARRE, 5:30AM POUND, 12PM FREE POUND DOWNTOWN, 6:30PM	25 FULL POWER, 5:30AM PRIDE WERQ, 5:30PM  JUMPS, 6:30PM	26 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	27 SPIN & SCULPT, 5:30AM	28 FULL POWER, 8AM JUMPS, 9AM POUND, 10AM
29 POUND, 9AM YOGA FLOW, 10AM	30 SPIN CYCLE, 5:30AM WERQ, 5:30PM DUMBBELL STRENGTH, 6:30PM					SPIN CYCLING CARDIO YOGA STRENGTH POUND OUTSIDE

UPDATED 6/16/25

CLASS SCHEDULE SUBJECT TO CHANGE!