

MAY 2026 CLASS SCHEDULE

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
					1 SPIN CYCLE, 5:30AM	2 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
3 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	4 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	5 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	6 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	7 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	8 SPIN CYCLE, 5:30AM	9 PULSE, POWER & PROTEIN, 8AM <small>COMES WITH A PROTEIN SHAKE FROM BLACK RIVER COFFEE CO AFTER CLASS!</small> JUMPS, 9AM POUND, 10AM
10 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	11 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	12 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	13 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	14 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	15 SPIN CYCLE, 5:30AM	16 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
17 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	18 BIKE & BARRE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	19 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	20 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	21 BIKE & BARRE, 5:30AM POUND & POUR, 4:30PM <small>COMES WITH A DRINK FROM BLACK RIVER COFFEE CO AFTER CLASS!</small> JUMPS, 5:30PM	22 SPIN CYCLE, 5:30AM	23 REST DAY
24 REST DAY	25 MEMORIAL DAY 	26 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	27 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM PULSE & POWER, 6:30PM	28 BIKE & BARRE, 5:30AM JUMPS, 5:30PM POUND & POUR @ CRAZY VINES WINERY, 6:30PM	29 SPIN CYCLE, 5:30AM	30 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM