

NOVEMBER CLASS SCHEDULE 2025 ✨

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
						1 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
2 POUND, 9AM YOGA FLOW, 10AM	3 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	4 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	5 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	6 BIKE & BARRE, 5:30AM ALI'S BIRTHDAY POUND, 4:30PM JUMPS, 5:30PM	7 SPIN CYCLE, 5:30AM	8 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
9 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	10 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	11 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	12 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	13 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	14 SPIN CYCLE, 5:30AM	15 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
16 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	17 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	18 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	19 SPIN CYCLE, 5:30AM WERQ, 5:30PM PULSE & POWER, 6:30PM	20 BIKE & BARRE, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	21 SPIN CYCLE, 5:30AM	22 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
23 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM	24 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	25 SPIN & STRENGTH, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM	26 SPIN CYCLE, 5:30AM TURKEYWERQ, 5:30PM	27 THANKSGIVING CLASS - TO BE ANNOUNCED, 7AM 	28 SPIN CYCLE, 5:30AM	29 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
30 POUND, 9AM YOGA FLOW, 10AM GLOW WERQ, 5:30PM						SPIN CYCLING CARDIO YOGA STRENGTH POUND

UPDATED 11/1/25

CLASS SCHEDULE SUBJECT TO CHANGE!