

OCTOBER 2026 CLASS SCHEDULE



SUN	MON	TUE	WED	THU	FRI	SAT
= COMES WITH A 50% OFF ANY DRINK COUPON FROM BLACK RIVER COFFEE CO. VALID FOR THE SAME MORNING!	= HALLOWEEN CLASSES - COSTUMES ENCOURAGED!!!	POUND CARDIO YOGA PREMIUM CLASS STRENGTH SPIN CYCLING		1 BIKE & BARRE, 5:30AM	2 SPIN CYCLE, 5:30AM	3 PULSE & POWER, 8AM JUMPS, 9AM
4 POUND, 9AM WERQ, 5:30PM	5 BIKE & BARRE, 5:30AM CARDIO KICKBOXING, 5:30PM DUMBBELL STRENGTH, 6:30PM	6 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM	7 SIP & SPIN CYCLE, 5:30AM WERQ, 5:30PM MAT PILATES, 6:30PM	8 BIKE & BARRE, 5:30AM SPOOKY POUND & POUR AT CRAZY VINES WINERY, 6PM	9 SPIN CYCLE, 5:30AM	10 PULSE & POWER, 8AM JUMPS, 9AM POUND, 10AM
11 POUND, 9AM YOGA FLOW, 10AM WERQ, 5:30PM	12 BIKE & BARRE, 5:30AM CARDIO KICKBOXING, 5:30PM DUMBBELL STRENGTH, 6:30PM	13 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	14 SIP & SPIN CYCLE, 5:30AM WERQ, 5:30PM MAT PILATES, 6:30PM	15 BIKE & BARRE, 5:30AM POUND & POUR, 4:30PM* COMES WITH A FREE BLACK RIVER COFFEE DRINK!	16 SPIN CYCLE, 5:30AM	17 PULSE & POWER, 8AM POUND, 10AM
18 KICKBOXING, 9AM MAT PILATES, 10AM	19 BIKE & BARRE, 5:30AM CARDIO KICKBOXING, 5:30PM DUMBBELL STRENGTH, 6:30PM	20 SPIN & STRENGTH, 5:30AM SPIN & STRENGTH, 5:30PM SLOW POWER FLOW, 6:30PM	21 SIP & SPIN CYCLE, 5:30AM WERQ, 5:30PM MAT PILATES, 6:30PM	22 BIKE & BARRE, 5:30AM POUND, 4:30PM	23 SPIN CYCLE, 5:30AM	24 JUMPS, 9AM POUND, 10AM
25 POUND, 9AM YOGA FLOW, 10AM HALLOWERQ, 5:30PM	26 BIKE & BARRE, 5:30AM CARDIO KICKBOXING, 5:30PM DUMBBELL STRENGTH, 6:30PM	27 SPIN & STRENGTH, 5:30AM SCARY SPIN & STRENGTH, 5:30PM SLOW POWER FLOW SEANCE, 6:30PM	28 SIP & SPIN CYCLE, 5:30AM HALLOWERQ, 5:30PM HALLOWEEN POUND & POUR AT LOG CABIN, 6PM	29 BIKE & BARRE, 5:30AM HALLOWEEN POUND, 4:30PM	30 SPIN CYCLE, 5:30AM	31 TRICKS & TREATS: PULSE & POWER, 8AM SPOOKY JUMPS, 9AM HALLOWEEN POUND, 10AM