


# SEPTEMBER CLASS SCHEDULE 2025 ✨

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
	1  REST DAY!	2 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	3 SPIN & STRENGTH, 5:30AM WERQ, 5:30PM	4 BIKE & BURN, 5:30AM JUMPS, 5:30PM POUND & POUR AT CRAZY VINES, 6PM	5 SPIN CYCLE, 5:30AM	6 JUMPS, 9AM POUND, 10AM
7 POUND, 9AM	8 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	9 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	10 SPIN & STRENGTH, 5:30AM WERQ, 5:30PM	11 BIKE & BURN, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	12 SPIN CYCLE, 5:30AM	13 JUMPS, 9AM POUND, 10AM
14 POUND, 9AM	15 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	16 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	17 SPIN & STRENGTH, 5:30AM ZUMBA, 5:30PM	18 BIKE & BURN, 5:30AM JUMPS, 5:30PM POUND & POUR AT ENERGY LAB, 6PM	19 SPIN CYCLE, 5:30AM	20 JUMPS, 9AM POUND, 10AM
21 POUND, 9AM YOGA FLOW, 10AM	22 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	23 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	24 SPIN & STRENGTH, 5:30AM WERQ, 5:30PM	25 BIKE & BURN, 5:30AM POUND, 4:30PM JUMPS, 5:30PM	26 SPIN CYCLE, 5:30AM	27 JUMPS, 9AM POUND, 10AM
28 POUND, 9AM YOGA FLOW, 10AM	29 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	30 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM				SPIN CYCLING CARDIO YOGA STRENGTH POUND OUTSIDE

UPDATED 8/24/25

CLASS SCHEDULE SUBJECT TO CHANGE!