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Assign Workouts to Classes

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Programming is where you connect the workouts you've built to the classes on your schedule. Assigning a workout links it to a specific class on a specific day, so it's ready to display on the Whiteboard and ready for results to be logged.

You'll find it under **Programming** in the main menu. You can view your schedule by day, week, or month, and assign workouts from any view.

What You Can Do with Programming

- See which classes have a workout assigned and which don't, at a glance
- Assign a workout to a single class or to every class of the same type on a day
- Assign from a saved template, a workout you've run before, or one you build on the spot
- Edit, swap, or remove the workout assigned to a class
- Save a workout you built while programming as a reusable template

How to Assign a Workout to a Class

1. Open **Programming** and go to the day you want.
2. Find the class, then click the + (**Assign Workout**) button on it.
3. In the **Assign Workout** window, choose your source:
 - **Workout Templates** for a saved, published workout
 - **Workouts** for one you've assigned or run before
 - **Create New Workout** to build one from scratch
4. Optionally open the workout to edit it before assigning, or click **Preview** to see how it will look.

5. Click **Assign** and choose the scope: **this class only**, or **all classes of the same type on that day**.

If you built or edited the workout while assigning, Kilo asks whether you'd like to **Save as Template** so you can reuse it later. You can save it, or assign it to the class without saving.

Reading the Assignment Status

Each class or event shows its assignment status with a color and label so you can spot gaps quickly.

Status	What it means
Not Assigned	The class has no workout yet
Assigned	The class has a workout
Mixed Assignments	Some classes in the event have a workout and some don't (for example, 1 of 3 assigned)
All Assigned	Every class in the event has a workout

For events with several classes, you can expand the row to see and assign each class individually.

Can I Assign One Workout to Several Classes at Once?

Yes. When you assign, choose "all classes of the same type on that day" to apply the workout to every matching class at once. This is the fastest way to program a day when you run the same workout across multiple sessions of the same class type. If you'd rather set them individually, choose the single-class option instead.

I Changed My Workout Template, So Why Didn't the Assigned Class Update?

When you assign a workout to a class, Kilo saves a copy of it to that class as it looked at the time, so later edits to the original template don't change classes you've already assigned. This keeps a scheduled class from changing unexpectedly. To update a class that already has a workout, open it and use **Edit Current** to change the assigned copy, or **Choose Another** to swap in a different workout.

How Do I Swap or Remove a Workout from a Class?

Open the class, click the edit icon, and pick an option. You'll see:

- **Edit Current** to change the workout that's assigned

- **Choose Another** to replace it with a different workout
- **Unassign** to remove it from the class

Unassigning removes the workout from the class, and athletes will no longer see it. Unassign applies to all classes of the same type on that day. Before removing, Kilo offers to save the workout as a template first if you want to keep it for later.

Can I Assign a Workout I Built Earlier?

Yes. The Workouts tab in the Assign window shows workouts you've assigned before, both past and upcoming. Pick one and assign it. Past workouts are kept as records, so if you edit one to assign it again, Kilo creates a new workout rather than changing the original.

Helpful Tips

- Scan your schedule for orange "Not Assigned" labels to catch classes that still need a workout.
- Use the all-classes-of-the-same-type option to program a busy day in one step.
- If you want to keep a workout you built on the fly, choose Save as Template when prompted.
- To change a class that already has a workout, use Edit Current or Choose Another rather than editing the original template.

When Programming Is Most Helpful

- Scheduling the day's or week's workouts across your classes
 - Running the same workout across multiple sessions of the same class type
 - Swapping in a different workout for a specific class
 - Keeping your schedule clear of classes that are missing a workout
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If you have questions about assigning workouts to classes in Kilo GMS, our Support team is happy to help. Reach us at **hello@usekilo.com**.