



December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Jessica @10AM Zumba Toning Melanie @4PM Zumba	Tiffany @445PM ADF Burn Lori @6PM ClubADF Shana @715PM Vixen	Allie @6AM Zumba Tiffany @530PM FuseADF Melanie @645PM Zumba Toning	Amber @9AM ClubADF Wine Wednesday Travis & Lauren @630PM Toning & Burn	Lauren @6AM ADF Burn Jessica @530PM Zumba Allie @645PM Vixen	Tiffany @9AM ADF Mix Katie @445PM Hip Hop Yoga	Jessica @930AM FuseADF Megan @11AM ClubADF
4	5	6	7	8	9	10
Melanie @10AM FuseADF Katie @4PM Hip Hop Yoga	Jessica @445PM Zumba Toning Travis @6PM ClubADF \$5 Virtual Community Class Brandon @715PM FuseADF	Tiffany @530PM FuseADF Lauren @645PM ADF Burn	Amber @9AM ClubADF Tiffany @545PM Burn Xpress Wine Wednesday Shana & Allie @630PM Vixen	Jessica @530PM ClubADF Katie @645PM Hip Hop Yoga	Tiffany @9AM ADF Mix Lori @445PM Zumba Toning	Melanie @930AM FuseADF Clocktower Event Katie @11AM Yoga & Mimosas Around the Tree
11	12	13	14	15	16	17
Amber @10AM Zumba Lauren @4PM ADF Burn	Jessica @445PM ClubADF Katie @6PM Hip Hop Yoga Melanie @715PM Zumba Toning	Tiffany @530PM FuseADF Lauren @645PM ADF Burn	Member Holiday Party 	Katie @445PM Power Flow Xpress Jessica @530PM Zumba Shana @645PM Vixen	Lauren @9AM ADF Burn Tiffany @445PM ADF Mix	Amber @930AM FuseADF Allie @11AM ClubADF
18	19	20	21	22	23	24
Lori @10AM ClubADF Travis @4PM Zumba Toning	Jessica @445PM FuseADF Tiffany @6PM ADF Mix Travis @715PM ClubADF	Tiffany @530PM FuseADF Allie @645PM Vixen	Lauren @9AM ADF Burn Wine Wednesday Katie & Lori @630PM Toning & Yoga	Lauren @530PM ADF Burn Melanie @645PM Zumba	Amber @9AM ClubADF Jessica @445PM Zumba Toning	No Classes
25	26	27	28	29	30	31
No Classes 	Holiday Themed Class Brandon @6PM ClubADF	Tiffany @530PM FuseADF Shana @645PM Vixen	Amber @9AM FuseADF Lauren @545PM Burn Xpress Wine Wednesday Travis & Jessica @630PM Zumba Toning	Tiffany @530PM ADF Mix Lori @645PM ClubADF	Lauren @9AM ADF Burn Megan @445PM ClubADF	New Year's Eve Class Tiffany, Shana, Jessica & Allie @930AM ClubADF