



NOVEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
26 Katie @10AM Hip Hop Yoga Lauren @4PM ADF Burn	27 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM \$7 Virtual FuseADF	28 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	29 ZumBOO @7PM Halloween Costume Dance Party w/Team ADF <i>*Ticketed Event</i>	30 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	31 Amber @9AM ADF Groove No PM Class <i>Happy Halloween!</i>	1 Tiffany @930AM ADF Mix Katie @11AM Hip Hop Yoga
2 Amber @10AM FuseADF Jessica @4PM Zumba	3 Jessica @445PM ClubADF Madison @6PM FuseADF	4 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	5 Amber @9AM Zumba Tiffany @545PM Burn Xpress \$7 Community Class Stephanie @630PM Turn Up Fitness	6 Lauren @9AM ADF Burn Melanie @530PM Zumba Toning Amber @645PM ADF Groove	7 Amber @9AM FuseADF Lori @530PM ClubADF	8 Clean EatZ Event Free Community Class Tiffany & Katie @10AM ADF Mix
9 Lauren @10AM Hip Hop Yoga Madison @4PM Barless Barre	10 Lori @445PM ClubADF Madison @6PM FuseADF	11 Lauren @6AM ADF Burn Jessica @530PM FuseADF ADF Community Social @7PM	12 Amber @9AM ADF Groove Wine Wednesday Lauren & Katie @630PM Burn & Yoga	13 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	14 Amber @9AM FuseADF Lauren @530PM ADF Burn	15 Melanie @930AM Zumba Stephanie @11AM Turn Up Fitness
16 Madison @10AM Barless Barre Lori @4PM Zumba Toning	17 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM Free Virtual FuseADF	18 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	19 \$7 Birthday Class Amber @9AM Zumba Katie @545PM Yoga Xpress \$7 Community Class Tiffany @630PM ADF Mix	20 Tiffany @9AM ADF Burn Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	21 Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	22 Melanie @930AM Zumba Toning Amber @11AM ADF Groove
23 Shop Small Holiday Market @12PM-4PM Jessica @4PM FuseADF	24 Lori @445PM ClubADF Madison @6PM Barless Barre	25 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	26 Amber @9AM ADF Groove Wine Wednesday Jessica & Melanie @630PM Zumba Toning	27 \$7 Turkey Burn Jessica & Tiffany @9AM FuseADF	28 \$7 Community Class Brandon @1PM ClubADF	29 \$7 Community Class Lauren @10AM ADF Burn
30 \$7 Community Class Stephanie @4PM Turn Up Fitness	1	2	3	4	5	6