



JANUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
Amber @10AM FuseADF Megan @4PM ClubADF	Katie @445PM Hip Hop Yoga Madison @6PM Barless Barre Lori @715PM ClubADF	NYE Class Madison, Tiffany, Jessica @9AM FuseADF	NY Day Class Lauren & Katie @1PM Burn & Yoga	Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Lori @645PM ClubADF	Madison @9AM FuseADF Lauren @530PM Hip Hop Yoga	Jessica @930AM FuseADF Lauren @11AM ADF Burn
5	6	7	8	9	10	11
Melanie @10AM Zumba Toning Madison @4PM ClubADF	Melanie @1215PM Toning Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	Tiffany @9AM Zumba Lauren @545PM Burn Xpress Wine Wednesday Melanie & Lauren @630PM Fuse & Yoga	Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	Amber @9AM FuseADF Tiffany @530PM ADF Mix	Amber @930AM ClubADF Milena @11AM Vixen
12	13	14	15	16	17	18
Katie @10AM Hip Hop Yoga Madison @4PM Barless Barre	Tiffany @1215PM Burn Xpress Jessica @445PM ClubADF Lauren @6PM Hip Hop Yoga Milena @715PM Vixen	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	Amber @9AM Zumba Melanie @545PM Toning Xpress Wine Wednesday Megan & Madison @630PM ClubADF	Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Milena @645PM ClubADF	Amber @9AM FuseADF ADF After Dark Event Lori & Katie @715PM	Lauren @930AM ADF Burn Lauren @11AM Hip Hop Yoga
19	20	21	22	23	24	25
Amber @10AM FuseADF Lori @4PM Zumba Toning	Katie @1215PM Power Flow Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	Amber @9AM Zumba Madison @545PM Barre Xpress Wine Wednesday Tiffany & Lauren @630PM Burn & Yoga	Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	Madison @9AM FuseADF Jessica @530PM ClubADF	Tiffany @930AM ADF Mix Milena @11AM Vixen
26	27	28	29	30	31	1
Melanie @10AM Zumba Toning Mindset Reset Event Megan @4PM	Lauren @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Milena @715PM Vixen	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	Amber @9AM Zumba Katie @545PM Power Flow Xpress \$7 Birthday Class Tiffany @630PM ClubADF	Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	Amber @9AM FuseADF Megan @530PM ClubADF	



FEBRUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
26 Melanie @10AM Zumba Toning Mindset Reset Event Megan @4PM	27 Lauren @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Milena @715PM Vixen	28 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	29 Amber @9AM Zumba Katie @545PM Power Flow Xpress \$7 Birthday Class Tiffany @630PM ClubADF	30 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	31 Amber @9AM FuseADF Megan @530PM ClubADF	1 Lauren @930AM Hip Hop Yoga Tiffany @11AM ADF Mix
2 Melanie @10AM Zumba Toning Lauren @4PM ADF Burn	3 Tiffany @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	4 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga	5 Amber @9AM Zumba Melanie @545PM Toning Xpress Wine Wednesday Katie & Tiffany @630PM ADF Mix	6 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Lori @645PM ClubADF	7 Amber @9AM FuseADF Reunion Class Travis, Emily, & Tabitha @630PM	8 Jessica @930AM FuseADF Amber @11AM ClubADF
9 Lauren @10AM Hip Hop Yoga Madison @4PM Barless Barre	10 Tiffany @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual ClubADF	11 Lauren @6AM ADF Burn Jessica @530PM FuseADF Milena @645PM Vixen	12 Amber @9AM Zumba Madison @545PM Barre Xpress Wine Wednesday Lauren & Madison @630PM Fuse & Yoga	13 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Milena @645PM ClubADF	14 Tiffany @9AM FuseADF No PM Class Happy Valentine's Day!	15 Lauren @930AM ADF Burn Katie @11AM Hip Hop Yoga
16 Melanie @10AM FuseADF Lori @4PM Zumba Toning	17 Melanie @1215PM Toning Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	18 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	19 Amber @9AM Zumba Lauren @545PM Power Flow Xpress Wine Wednesday Jessica & Melanie @630PM Zumba	20 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Milena @645PM ClubADF	21 Amber @9AM FuseADF Lauren @530PM ADF Burn	22 Amber @930AM FuseADF Milena @11AM Vixen
23 Madison @10AM ClubADF Katie @4PM Hip Hop Yoga	24 Lauren @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	25 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	26 Amber @9AM Zumba Katie @545PM Power Flow Xpress Wine Wednesday Madison @630PM Barless Barre	27 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	28 Amber @9AM FuseADF \$7 Birthday Class Jessica @530PM ClubADF	1



MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
26 Madison @10AM ClubADF Katie @4PM Hip Hop Yoga	27 Lauren @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	28 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	29 Amber @9AM Zumba Katie @545PM Power Flow Xpress Wine Wednesday Madison @630PM Barless Barre	30 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	31 Amber @9AM FuseADF \$7 Birthday Class Jessica @530PM ClubADF	1 Tiffany @930AM ADF Mix Katie @11AM Hip Hop Yoga
2 Melanie @10AM Zumba Toning Lauren @4PM ADF Burn	3 Tiffany @1215PM Burn Xpress Jessica @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	4 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	5 Amber @9AM Zumba Melanie @545PM Fuse Xpress Wine Wednesday Burn & Yoga @630PM Tiffany & Katie	6 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Milena @645PM ClubADF	7 Amber @9AM FuseADF Lori @530PM Zumba Toning	8 Amber @930AM ClubADF Lauren @11AM Hip Hop Yoga
9 Jessica @10AM FuseADF Lauren @4PM ADF Burn	10 Tiffany @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	11 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga	12 Amber @9AM Zumba Lauren @545PM Power Flow Xpress Donation Class Madison, Jessica & Tiffany @630PM FuseADF	13 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Lori @645PM ClubADF	14 Amber @9AM FuseADF Lauren @530PM ADF Burn	15 Katie @930AM Hip Hop Yoga Amber @11AM ClubADF
16 Madison @10AM Barless Barre Lori @4PM Zumba Toning	17 Tiffany @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	18 Katie @6AM Hip Hop Yoga Jessica @530PM FuseADF Milena @645PM Vixen	19 Amber @9AM Zumba Melanie @545PM Fuse Xpress \$7 Community Class Tiffany @630PM ADF Burn	20 Lauren @9AM ADF Burn Lori @530PM Zumba Toning Tiffany @645PM ClubADF	21 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	22 Gather GVL Event Free Community Class Team ADF @10AM ADF Mix
23 Amber @10AM ClubADF Melanie @4PM Zumba Toning	24 Lauren @1215PM Burn Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	25 Lauren @6AM ADF Burn Jessica @530PM FuseADF Tiffany @645PM ADF Mix	26 Tiffany @9AM Zumba Lauren @545PM Power Flow Xpress \$7 Community Class Madison @630PM Barless Barre	27 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	28 Tiffany @9AM FuseADF Katie @530PM Hip Hop Yoga	29 Melanie @930AM Zumba Toning Milena @11AM Vixen
30 Jessica @10AM ClubADF Passion Project Event <i>*Details coming soon!</i>	31 Melanie @1215PM Toning Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	1	2	3	4	5



APRIL

2025

SUN	MON	TUE	WED	THU	FRI	SAT
30 Jessica @10AM ClubADF Kids Community Field Day @2PM-4PM	31 Melanie @1215PM Toning Xpress Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	1 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga	2 Amber @9AM Zumba Milena @545PM Vixen Xpress Wine Wednesday Tiffany & Melanie @630PM ADF Mix	3 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Lori @645PM ClubADF	4 Amber @9AM FuseADF Jessica @530PM ClubADF	5 Guest Instructor Travis @10AM FuseADF
6 Lauren @10AM Hip Hop Yoga Lauren @4PM ADF Burn	7 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual FuseADF	8 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	9 Amber @9AM Zumba Madison @545PM Fuse Xpress Wine Wednesday Lauren & Tiffany @630PM ADF Burn	10 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Milena @645PM ClubADF	11 Amber @9AM FuseADF Jessica @530PM ClubADF	12 Melanie @930AM Zumba Toning Amber @11AM ClubADF
13 Puppy Yoga Event Other Lands Brewery Lauren @10AM Madison @4PM Barless Barre	14 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual ClubADF	15 Lauren @6AM ADF Burn Jessica @530PM FuseADF Milena @645PM Vixen	16 Amber @9AM Zumba Melanie @545PM Toning Xpress Wine Wednesday Madison @630PM Barless Barre	17 Tiffany @9AM ADF Mix Paws Around GVL Walk @1230PM Jessica @530PM Zumba Toning \$7 Birthday Class Lauren @645PM Hip Hop Yoga	18 Tiffany @9AM FuseADF Lauren @530PM ADF Burn	19 Katie @930AM Hip Hop Yoga Milena @11AM ClubADF
20 No Classes Happy Easter!	21 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	22 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	23 Amber @9AM Zumba Lauren @545PM Power Flow Xpress Wine Wednesday Tiffany & Jessica @630PM ADF Mix	24 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Milena @645PM ClubADF	25 Amber @9AM FuseADF Katie @530PM Hip Hop Yoga	26 Mutt Strutt 5K @830AM Melanie @11AM FuseADF
27 Shop Small Spring Market @12PM-4PM Lori @4PM Zumba Toning	28 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	29 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	30 Amber @9AM Zumba \$7 Demo Class Amber @1030AM ADF Groove Tiffany @545PM Burn Xpress Wine Wednesday Melanie & Katie @630PM Toning & Yoga	1	2	3



MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
27 Shop Small Spring Market @12PM-4PM Lori @4PM Zumba Toning	28 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	29 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	30 Amber @9AM Zumba \$7 Demo Class Amber @1030AM ADF Groove Tiffany @545PM Burn Xpress Wine Wednesday Melanie & Katie @630PM Toning & Yoga	1 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Lori @645PM ClubADF	2 Amber @9AM FuseADF Jessica @530PM ClubADF	3 Katie @930AM Hip Hop Yoga Lauren @11AM ADF Burn
4 Milena @10AM FuseADF Madison @4PM Barless Barre	5 Lori @445PM ClubADF Milena @6PM Vixen Madison @715PM Barless Barre	6 Lauren @6AM ADF Burn Jessica @530PM FuseADF Lauren @645PM Hip Hop Yoga	7 Amber @9AM Zumba Amber @1030AM ADF Groove Katie @545PM Deep Stretch Xpress \$7 Community Class Lauren & Tiffany @630PM ADF Burn	8 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Melanie @645PM ClubADF	9 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	10 Mother Daughter Dance Fitness Class Tiffany, Amber & Melanie @10AM
11 No Classes Happy Mother's Day!	12 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual ClubADF	13 Lauren @6AM ADF Burn Jessica @530PM FuseADF Tiffany @645PM ADF Mix	14 Amber @9AM Zumba Amber @1030AM ADF Groove Lauren @545PM Power Flow Xpress Wine Wednesday Madison @630PM Barless Barre	15 Lauren @9AM ADF Burn Melanie @530PM Zumba Toning Milena @645PM ClubADF	16 Tiffany @9AM FuseADF Lauren @530PM ADF Burn	17 Katie @930AM Hip Hop Yoga Milena @11AM Vixen
18 Jessica @10AM Zumba Lori @4PM Zumba Toning	19 Lori @445PM ClubADF Tiffany @6PM ADF Mix Madison @715PM Barless Barre	20 Katie @6AM Hip Hop Yoga Tiffany @530PM FuseADF Milena @645PM Vixen	21 Amber @9AM Zumba Amber @1030AM ADF Groove Melanie @545PM Toning Xpress Wine Wednesday Jessica & Madison @630PM FuseADF	22 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Melanie @645PM ClubADF	23 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	24 Tiffany @930AM ADF Burn Amber @11AM ClubADF
25 Lauren @10AM Hip Hop Yoga	26 Memorial Day \$7 Community Class Jessica & Tiffany @9AM FuseADF	27 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	28 Amber @9AM Zumba Amber @1030AM ADF Groove Katie @545PM Power Flow Xpress Meditation & Sound bath Workshop @630PM	29 Tiffany @9AM ADF Mix Lori @530PM Zumba Toning Milena @645PM Vixen	30 Amber @9AM FuseADF Jessica @530PM ClubADF	31 Melanie @930AM Zumba Toning Lauren @11AM ADF Burn



JUNE

2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 Amber @10AM ADF Groove Katie @4PM Hip Hop Yoga	2 Lori @445PM ClubADF Milena @6PM Vixen Madison @715PM Barless Barre	3 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	4 Amber @9AM Zumba Amber @1030AM ADF Groove Madison @545PM Barre Xpress Team Planning Meeting	5 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Melanie @645PM ClubADF	6 Amber @9AM FuseADF Lori @530PM ClubADF	7 Katie @930AM Hip Hop Yoga Melanie @11AM Zumba Toning
8 Milena @10AM FuseADF Lauren @4PM ADF Burn	9 Jessica @445PM ClubADF Milena @6PM Vixen Brandon @715PM \$7 Virtual ClubADF	10 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	11 Amber @9AM Zumba Amber @1030AM ADF Groove Katie @545PM Deep Stretch Xpress \$7 Community Class Lauren & Tiffany @630PM ADF Burn	12 Tiffany @9AM ADF Mix Lori @530PM Zumba Toning Milena @645PM ClubADF	13 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	14 Gather GVL Event Free Community Class Team ADF @10AM
15 No Classes Happy Father's Day!	16 Lori @445PM ClubADF Milena @6PM Vixen Brandon @715PM \$7 Virtual FuseADF	17 Tiffany @6AM ADF Burn Melanie @530PM FuseADF Lauren @645PM Hip Hop Yoga	18 Amber @9AM Zumba Amber @1030AM ADF Groove Tiffany @545PM Club Xpress Wine Wednesday Tiffany & Lauren @630PM Burn/Yoga Mash-up	19 Katie @9AM Hip Hop Yoga Jessica @530PM Zumba Toning Tiffany @645PM ADF Burn	20 Amber @9AM FuseADF Jessica @530PM ClubADF	21 Pride Event *Details coming soon! Brandon & Tiffany @10AM
22 Lauren @10AM Hip Hop Yoga Melanie @4PM Zumba Toning	23 Tiffany @445PM ClubADF Amber @6PM ADF Groove Katie @715PM Hip Hop Yoga	24 Tiffany @6AM ADF Burn Jessica @530PM FuseADF Lauren @645PM Hip Hop Yoga	25 Amber @9AM Zumba Amber @1030AM ADF Groove Tiffany @545PM Burn Xpress Wine Wednesday Milena & Madison @630PM ClubADF	26 Tiffany @9AM ADF Mix Lori @530PM Zumba Toning Melanie @645PM ClubADF	27 Amber @9AM FuseADF Katie @530PM Hip Hop Yoga	28 Madison @930AM Barless Barre Milena @11AM Vixen
29 Jessica @10AM Zumba Toning Madison @4PM FuseADF	30 Lori @445PM ClubADF Milena @6PM Vixen Madison @715PM Barless Barre	1	2	3	4	5