



# DECEMBER

2025

| SUN                                                             | MON                                                                                                     | TUE                                                                                        | WED                                                                                                          | THU                                                                                                     | FRI                                                          | SAT                                                                                                    |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 30<br>\$7 Community Class<br>Stephanie @4PM<br>Turn Up Fitness  | 1<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>FuseADF                                                  | 2<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF<br>Katie @645PM<br>Hip Hop Yoga  | 3<br>Amber @9AM<br>Zumba<br>Lauren @545PM<br>Burn Xpress<br>\$7 Community Class<br>Melanie @630PM<br>FuseADF | 4<br>Tiffany @9AM<br>ADF Mix<br>Jessica @530PM<br>Zumba Toning<br>Stephanie @645PM<br>Turn Up Fitness   | 5<br>Amber @9AM<br>FuseADF<br>Jessica @530PM<br>ClubADF      | 6<br>Small Business<br>Saturday<br>w/Cohesive Coffee<br>Stephanie & Tiffany<br>@10AM<br>Turn Up & Burn |
| 7<br>Amber @10AM<br>ADF Groove<br>Lori @4PM<br>Zumba Toning     | 8<br>Tiffany @445PM<br>ClubADF<br>Madison @6PM<br>FuseADF                                               | 9<br>Lauren @6AM<br>ADF Burn<br>Jessica @530PM<br>FuseADF<br>Tiffany @645PM<br>ADF Mix     | 10<br>Amber @9AM<br>ADF Groove<br>\$7 Demo Class<br>@630PM<br><i>Details coming soon!</i>                    | 11<br>Tiffany @9AM<br>ADF Burn<br>Jessica @530PM<br>Zumba Toning<br>Stephanie @645PM<br>Turn Up Fitness | 12<br>Amber @9AM<br>FuseADF<br>Lori @530PM<br>ClubADF        | 13<br>Melanie @930AM<br>Zumba Toning<br>Lauren @11AM<br>ADF Burn                                       |
| 14<br>Jessica @10AM<br>Zumba<br>Madison @4PM<br>Barless Barre   | 15<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>FuseADF                                                 | 16<br>Lauren @6AM<br>ADF Burn<br>Melanie @530PM<br>FuseADF<br>Tiffany @645PM<br>ADF Mix    | 17<br>Amber @9AM<br>Zumba<br>Member Holiday Party                                                            | 18<br>Lauren @9AM<br>ADF Burn<br>Jessica @530PM<br>Zumba Toning<br>Stephanie @645PM<br>Turn Up Fitness  | 19<br>Amber @9AM<br>ADF Groove<br>Team ADF Holiday<br>Party  | 20<br>Katie @930AM<br>Hip Hop Yoga<br>Melanie @11AM<br>Zumba Toning                                    |
| 21<br>Madison @10AM<br>Barless Barre<br>Lauren @4PM<br>ADF Burn | 22<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Brandon @715PM<br>Free Virtual ClubADF | 23<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF                                 | 24<br>No Classes<br><i>Merry Christmas!</i>                                                                  | 25<br>No Classes<br><i>Merry Christmas!</i>                                                             | 26<br>Holiday Themed Class<br>Jessica @530PM<br>Zumba Toning | 27<br>Tiffany @930AM<br>ADF Mix<br>Stephanie @11AM<br>Turn Up Fitness                                  |
| 28<br>Katie @10AM<br>Hip Hop Yoga<br>Amber @4PM<br>ADF Groove   | 29<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre                                           | 30<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF<br>Katie @645PM<br>Hip Hop Yoga | 31<br>New Year's Eve Class<br>\$7 Community Class<br>Tiffany, Jessica &<br>Amber @9AM<br>FuseADF             | 1                                                                                                       | 2                                                            | 3                                                                                                      |