



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
Madison @10AM ClubADF Lori @4PM Zumba Toning	Lauren @445PM ADF Burn Melanie @6PM Zumba Amber @715PM FuseADF	Lauren @6AM ADF Burn Jessica @530PM FuseADF Lori @645PM ClubADF	Amber @9AM ClubADF Boy Band Night Jessica & Megan @630PM	Tiffany @445PM Burn Xpress Katie @530PM Hip Hop Yoga Melanie @645PM Zumba Toning	Madison @9AM FuseADF Lori @530PM ClubADF	Katie @930AM Hip Hop Yoga Tiffany @11AM ADF Mix
5	6	7	8	9	10	11
Melanie @10AM FuseADF Lauren @4PM ADF Burn	Katie @445PM Hip Hop Yoga Tiffany @6PM ADF Mix \$5 Virtual Community Class Brandon @715PM FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lori @645PM ClubADF	Amber @9AM FuseADF \$5 Community Class Milena @630PM Vixen	Milena @6AM Zumba Jessica @530PM ClubADF Lauren @645PM ADF Burn	Amber @9AM Zumba Madison @530PM FuseADF	Milena @930AM FuseADF Jessica @11AM Zumba Toning
12	13	14	15	16	17	18
No Classes Mother's Day	Tiffany @445PM ADF Mix Lori @6PM Zumba Toning Megan @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	Amber @9AM Zumba Katie @545PM Deep Stretch Xpress Wine Wednesday Madison & Lori @630PM FuseADF	Katie @6AM Hip Hop Yoga Jessica @530PM Zumba Madison @645PM ClubADF	Amber @9AM FuseADF Lauren @530PM ADF Burn	Melanie @930AM Zumba Toning Milena @11AM ClubADF
19	20	21	22	23	24	25
Hoppin GVL Event Jessica & Tiffany @11AM Dance/Burn Mash-up	Jessica @445PM ClubADF Melanie @6PM Zumba \$5 Virtual Community Class Brandon @715PM FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	Amber @9AM Zumba Wine Wednesday Milena & Tiffany @630PM ADF Mix	Katie @530PM Hip Hop Yoga Lauren @645PM ADF Burn	Madison @9AM FuseADF Jessica @530PM Zumba Toning	Lauren @930AM ADF Burn Amber @11AM ClubADF
26	27	28	29	30	31	1
Madison @10AM ClubADF Megan @4PM FuseADF	Memorial Day \$5 Community Class Jessica & Melanie @9AM FuseADF	Lauren @6AM ADF Burn Jessica @530PM FuseADF Lori @645PM ClubADF	Katie @9AM Hip Hop Yoga Wine Wednesday Lauren & Tiffany @630PM ADF Burn	Tiffany @530PM ADF Mix Milena @645PM Vixen	Lauren @9AM ADF Burn GNO Event <i>Details coming soon!</i>	