

NOVEMBER

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Katie @10AM Hip Hop Yoga Flow Lauren @4PM ADF Burn (FB)	2 Stephanie @9AM Turn Up Fitness Tiffany @445PM ClubADF Nathaniel @6PM Hip Hop Yoga Chill	3 Lauren @6AM ADF Burn (UB) Melanie @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	4 Amber @9AM Zumba $11 Community Class Tiffany @630PM ADF Mix (FB)	5 Lauren @6AM ADF Burn (LB) Tiffany @9AM ADF Burn (LB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	6 Amber @9AM FuseADF Lori @530PM ClubADF	7 Private Pop-Up @930AM Melanie @930AM Zumba Toning Stephanie @11AM Turn Up Fitness Private Event @2PM
8 Amber @10AM ADF Groove Jessica @4PM Barless Barre	9 6 Wk Sleigh the Season Challenge Begins Stephanie @9AM Turn Up Fitness Jessica @445PM ClubADF Lauren @6PM ADF Burn (FB)	10 Lauren @6AM ADF Burn (LB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	11 Amber @9AM ADF Groove Private Class @4PM ADF Community Social @7PM	12 Lauren @6AM ADF Burn (UB) Tiffany @9AM ADF Burn (UB) Melanie @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	13 Tiffany @9AM ADF Mix (LB) Lori @530PM Zumba Toning	14 Girls on the Run 5k @ Bridgeway Station Team ADF
15 Nathaniel @10AM Hip Hop Yoga Chill Private Class @1PM Madison @4PM Barless Barre	16 Stephanie @9AM Turn Up Fitness Lori @445PM ClubADF Jessica @6PM Barless Barre	17 Lauren @6AM ADF Burn (UB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	18 Amber @9AM ADF Groove Wine Wednesday Jessica & Lori @630PM Zumba Toning	19 Lauren @6AM ADF Burn (LB) Tiffany @9AM ADF Burn (LB) Melanie @530PM Zumba Stephanie @645PM Turn Up Fitness	20 $11 Birthday Class Amber @9AM FuseADF Jessica @530PM ClubADF	21 Nathaniel @930AM Hip Hop Yoga Chill Stephanie @11AM Turn Up Fitness
22 Shop Small Holiday Market @12PM-4PM Madison @4PM FuseADF	23 Stephanie @9AM Turn Up Fitness Lori @445PM ClubADF Lauren @6PM ADF Burn (UB)	24 Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga Flow	25 Amber @9AM Zumba $11 Gratitude Flow Nathaniel @630PM Hip Hop Yoga Chill	26 Thanksgiving $11 Turkey Burn Jessica & Stephanie @9AM Fuse & Turn Up	27 $11 Turkey Burn Tiffany @1PM ADF Mix (FB)	28 Jessica @930AM Barless Barre Amber @11AM ADF Groove
29 Amber @10AM FuseADF Lauren @4PM ADF Burn (FB)	30 Stephanie @9AM Turn Up Fitness Lori @445PM ClubADF Jessica @6PM Barless Barre	1	2	3	4	5