



# AUGUST

## 2025

| SUN                                                                | MON                                                                                                      | TUE                                                                                         | WED                                                                                                                                   | THU                                                                                                         | FRI                                                            | SAT                                                                            |
|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------|
| 27<br>Melanie @10AM<br>Zumba Toning<br>Lori @4PM<br>FuseADF        | 28<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Brandon @715PM<br>\$7 Virtual FuseADF   | 29<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF<br>Lauren @645PM<br>Hip Hop Yoga | 30<br>Amber @9AM<br>Zumba<br>Amber @1030AM<br>ADF Groove<br>Period Project Packing<br>Party<br>Tiffany & Lauren @630PM<br>Fuse & Burn | 31<br>Tiffany @9AM<br>ADF Mix<br>Jessica @530PM<br>Zumba Toning<br>Melanie @645PM<br>ClubADF                | 1<br>Amber @9AM<br>FuseADF<br>Lauren @530PM<br>Hip Hop Yoga    | 2<br>Melanie @930AM<br>Zumba Toning<br>Lauren @11AM<br>ADF Burn                |
| 3<br>Katie @10AM<br>Hip Hop Yoga<br>Jessica @4PM<br>ClubADF        | 4<br>Jessica @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Brandon @715PM<br>\$7 Virtual FuseADF | 5<br>Tiffany @6AM<br>ADF Burn<br>Lori @530PM<br>FuseADF<br>Lauren @645PM<br>Hip Hop Yoga    | 6<br>Amber @9AM<br>Zumba<br>Tiffany @545PM<br>Club Xpress<br>\$7 Community Class<br>Lauren @630PM<br>Hip Hop Yoga                     | 7<br>Tiffany @9AM<br>ADF Burn<br>Melanie @530PM<br>Zumba Toning<br>Amber @645PM<br>ADF Groove               | 8<br>Amber @9AM<br>FuseADF<br>Lori @530PM<br>ClubADF           | 9<br>PKL Park GVL Event<br>Free Community Class<br>Team ADF @9AM<br>ADF Mix    |
| 10<br>Jessica @10AM<br>Zumba Toning<br>Lauren @4PM<br>ADF Burn     | 11<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Melanie @715PM<br>Zumba                 | 12<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF<br>ADF Community<br>Social @7PM  | 13<br>Katie @9AM<br>Hip Hop Yoga<br>Jessica @545PM<br>Club Xpress<br>Wine Wednesday<br>Amber & Lauren @630PM<br>Groove & Yoga         | 14<br>Tiffany @9AM<br>ADF Mix<br>Jessica @530PM<br>Zumba Toning<br>Milena @645PM<br>VXN                     | 15<br>Amber @9AM<br>FuseADF<br>Lauren @530PM<br>ADF Burn       | 16<br>Friends of the Reedy<br>River Community<br>Clean-Up Project<br>@9AM-11AM |
| 17<br>Madison @10AM<br>Barless Barre<br>Lori @4PM<br>Zumba Toning  | 18<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Brandon @715PM<br>\$7 Virtual ClubADF   | 19<br>Lauren @6AM<br>ADF Burn<br>Jessica @530PM<br>FuseADF<br>Lauren @645PM<br>Hip Hop Yoga | 20<br>Amber @9AM<br>Zumba<br>Melanie @545PM<br>Toning Xpress<br>\$7 Community Class<br>Tiffany @630PM<br>ADF Mix                      | 21<br>Lauren @9AM<br>ADF Burn<br>Themed Thursday<br>Jessica & Tiffany @630PM<br>FuseADF<br>Theme: The 2000s | 22<br>Amber @9AM<br>FuseADF<br>Madison @530PM<br>ClubADF       | 23<br>Brandon @930AM<br>FuseADF<br>Amber @11AM<br>ADF Groove                   |
| 24<br>Lauren @10AM<br>Hip Hop Yoga<br>Melanie @4PM<br>Zumba Toning | 25<br>Lori @445PM<br>ClubADF<br>Madison @6PM<br>Barless Barre<br>Melanie @715PM<br>Zumba Toning          | 26<br>Lauren @6AM<br>ADF Burn<br>Tiffany @530PM<br>FuseADF<br>Lauren @645PM<br>Hip Hop Yoga | 27<br>Amber @9AM<br>ADF Groove<br>Lauren @545PM<br>Burn Xpress<br>\$7 Demo Class @630PM<br>Details releasing soon!                    | 28<br>Lauren @9AM<br>ADF Burn<br>Jessica @530PM<br>Zumba Toning<br>Amber @645PM<br>Zumba                    | 29<br>Tiffany @9AM<br>FuseADF<br>Lauren @530PM<br>Hip Hop Yoga | 30<br>Tiffany @930AM<br>ADF Mix<br>Milena @11AM<br>VXN                         |
| 31<br>Jessica @10AM<br>FuseADF                                     | 1                                                                                                        | 2                                                                                           | 3                                                                                                                                     | 4                                                                                                           | 5                                                              | 6                                                                              |