



September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
Jessica @10AM ClubADF Melanie @4PM FuseADF	Lori @445PM ClubADF Melanie @6PM Zumba Toning Megan @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Allie @645PM Vixen	Katie @9AM Hip Hop Yoga Jessica @545PM Toning Xpress Wine Wednesday Travis & Shana @630PM Club & Vixen	Lauren @6AM ADF Burn Tiffany @530PM ADF Mix \$5 Virtual Community Class Brandon @715PM FuseADF	Amber @9AM Zumba Katie @445PM Hip Hop Yoga	Melanie @930AM FuseADF Allie @11AM ClubADF
4	5	6	7	8	9	10
Amber @10AM FuseADF	Labor Day \$5 Community Class Melanie @9AM FuseADF	Allie @6AM ClubADF Tiffany @530PM FuseADF Shana @645PM Vixen	Lauren @9AM ADF Burn Wine Wednesday Amber & Katie @630PM Zumba & Yoga	Katie @6AM Hip Hop Yoga Tiffany @530PM ADF Mix Melanie @645PM ClubADF	Amber @9AM Zumba Jessica @445PM Zumba Toning	Jessica @930AM FuseADF Megan @11AM ClubADF
11	12	13	14	15	16	17
Travis @10AM Zumba Toning Lauren @4PM ADF Burn	Jessica @445PM ClubADF Lori @6PM Zumba Toning Travis @715PM ClubADF	Allie @6AM Zumba Tiffany @530PM FuseADF Shana @645PM Vixen	Allie @9AM ClubADF Wine Wednesday Tiffany & Lauren @630PM ADF Mix	Lauren @6AM ADF Burn Jessica @530PM Zumba Melanie @645PM Zumba Toning	Amber @9AM FuseADF Lauren @445PM ADF Burn	Katie @930AM Hip Hop Yoga Shana @11AM Vixen
18	19	20	21	22	23	24
Allie @10AM FuseADF Yoga Workshop Katie @2PM Arm Balances & Inversions	Lori @445PM Zumba Toning Jessica @6PM ClubADF Allie @715PM Vixen	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Melanie @645PM Zumba	Amber @9AM Zumba Wine Wednesday Travis & Lori 630PM ClubADF	Allie @6AM FuseADF Katie @530PM Hip Hop Yoga Shana @645PM Vixen	Tiffany @9AM ADF Mix Megan @445PM ClubADF	Amber @930AM FuseADF Tiffany @11AM ADF Burn
25	26	27	28	29	30	1
Jessica @10AM Zumba Toning Melanie @4PM ClubADF	Lauren @445PM ADF Burn Travis @6PM FuseADF \$5 Virtual Community Class Brandon @715PM ClubADF	Allie @6AM Zumba Tiffany @530PM FuseADF Shana @645PM Vixen	Allie @9AM ClubADF Katie @545PM Power Flow Xpress Iron Hill Event Tiffany & Jessica @630PM Club & Burn	Katie @6AM Hip Hop Yoga Lori @530PM ClubADF Melanie @645PM Zumba Toning	Amber @9AM Zumba Tiffany @445PM ADF Mix	