



July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| Jessica @10AM Zumba Lori @4PM FuseADF | Lori @445PM ClubADF Tiffany @6PM ADF Mix Melanie @715PM Zumba Toning | Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen | Katie @9AM Hip Hop Yoga Wine Wednesday Megan & Madison @630PM ClubADF | 4 th of July \$5 Community Class Jessica & Melanie @9AM FuseADF | Madison @9AM ClubADF Lauren @530PM ADF Burn | Jessica @930AM Zumba Katie @11AM Hip Hop Yoga |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Madison @10AM FuseADF Lauren @4PM ADF Burn | Tiffany @445PM ADF Mix Milena @6PM Zumba \$5 Virtual Community Class Brandon @715PM FuseADF | Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM ClubADF | Amber @9AM ClubADF \$5 Birthday Class Katie @630PM Hip Hop Yoga | Jessica @530PM Zumba Toning Lauren @645PM ADF Burn | Amber @9AM FuseADF Lori @530PM ClubADF | Melanie @930AM FuseADF Milena @11AM Vixen |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Amber @10AM Zumba Katie @4PM Hip Hop Yoga | Megan @445PM ClubADF Jessica @6PM Zumba Toning Milena @715PM Vixen | Lauren @6AM ADF Burn Jessica @530PM FuseADF Madison @645PM ClubADF | Amber @9AM Zumba Wine Wednesday Tiffany & Melanie @630PM Burn & Toning | Lauren @530PM ADF Burn Milena @645PM ClubADF | Amber @9AM FuseADF Madison @530PM ClubADF | RJ Rockers Event Team ADF @10AM ADF Mix |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Melanie @10AM Zumba Toning Lori @4PM FuseADF | Madison @445PM ClubADF Melanie @6PM FuseADF \$5 Virtual Community Class Brandon @715PM ClubADF | Lauren @6AM ADF Burn Lori @530PM FuseADF Milena @645PM Vixen | Amber @9AM Zumba Rock Night Jessica & Tiffany @630PM | Lauren @530PM ADF Burn Lori @645PM Zumba Toning | Tiffany @9AM FuseADF Jessica @530PM ClubADF | Tiffany @930AM ADF Mix Lauren @11AM ADF Burn |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| Jessica @10AM Zumba Megan @4PM FuseADF | Lauren @445PM ADF Burn Madison @6PM ClubADF Melanie @715PM Zumba Toning | Lauren @6AM ADF Burn Jessica @530PM FuseADF Lori @645PM ClubADF | Tiffany @9AM FuseADF \$5 Community Class <i>Details coming soon!</i> | | | |