



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
New Year's Day Class Lauren & Tiffany @1PM Burn & Club	Travis @445PM ClubADF Shana @6PM Vixen \$5 Virtual Community Class Brandon @715PM FuseADF	Allie @6AM Zumba Tiffany @530PM FuseADF Lauren @645PM ADF Burn	Tiffany @8AM Burn Xpress Allie @9AM FuseADF Wine Wednesday Amber & Melanie @630PM Zumba	Lauren @6AM ADF Burn Jessica @530PM Zumba Toning Lori @645PM ClubADF	\$5 Community Class Amber @9AM ClubADF \$5 Community Class Tiffany @445PM ADF Mix	Jessica @930AM FuseADF Megan @11AM ClubADF
8	9	10	11	12	13	14
Melanie @10AM Zumba Toning Katie @4PM Hip Hop Yoga	Jessica @445PM Zumba Toning Travis @6PM ClubADF Melanie @715PM FuseADF	Katie @6AM Hip Hop Yoga Tiffany @530PM FuseADF Lauren @645PM ADF Burn	Amber @9AM Zumba Tiffany @1215PM Burn Xpress \$5 Community Class Shana & Lori @630PM Vixen & Club	Lauren @6AM ADF Burn Jessica @530PM Zumba Katie @645PM Hip Hop Yoga	Tiffany @9AM ADF Mix Megan @445PM ClubADF Megan @6PM Burn Xpress	Melanie @930AM FuseADF Amber @11AM ClubADF
15	16	17	18	19	20	21
Travis @10AM Zumba Toning Lauren @4PM ADF Burn	Lori @445PM Zumba Toning Melanie @6PM Zumba \$5 Virtual Community Class Brandon @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Shana @645PM Vixen	Amber @9AM FuseADF Melanie @1215PM Toning Xpress Wine Wednesday Tiffany & Travis @630PM ADF Mix	Katie @6AM Hip Hop Yoga Tiffany @445PM Burn Xpress Jessica @530PM ClubADF Melanie @645PM Zumba Toning	Lauren @9AM ADF Burn ADF After Dark Event Shana & Katie @715PM	Jessica @930AM FuseADF Megan @11AM ClubADF
22	23	24	25	26	27	28
Amber @10AM Zumba Lori @4PM FuseADF	Jessica @445PM Zumba Toning Tiffany @6PM ADF Mix Travis @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Melanie @645PM Zumba	Tiffany @9AM Burn Xpress 90s Themed Class Katie & Jessica @630PM Yoga & Dance	Katie @6AM Hip Hop Yoga Lauren @530PM ADF Burn Lori @645PM Zumba Toning	Amber @9AM Zumba Katie @1215PM Power Flow Xpress Jessica @445PM ClubADF	Birthday Bash Tiffany & Brandon @10AM FuseADF
29	30	31	1	2	3	4
Brandon @10AM ClubADF Shana @4PM Vixen	Jessica @445PM Zumba Travis @6PM FuseADF Lori @715PM ClubADF	Allie @6AM Zumba Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga				