# July 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 26<br>Travis @10AM<br>FuseADF<br>Lori @4PM<br>FuseADF | 27<br>Lori @445PM<br>ClubADF<br>Jessica @6PM<br>ClubADF<br>Shana @715PM<br>Vixen | 28<br>Allie @6AM<br>FuseADF<br>Tiffany @530PM<br>FuseADF<br>Melanie @645PM<br>Zumba Toning | 29<br>Jessica @9AM<br>Zumba Toning<br>Wine Wednesday<br>Lauren & Amber @630PM<br>Burn & Fuse | 30<br>Katie @6AM<br>Hip Hop Yoga<br>Megan @530PM<br>ClubADF<br>Brandon @645PM<br>Zumba | 1<br>Tiffany @9AM<br>ADF Burn<br>Allie @445PM<br>ClubADF | 2<br>Brandon @930AM<br>FuseADF<br>Katie @11AM<br>Hip Hop Yoga |
| 3<br>Amber @10AM<br>Zumba | 4<br>July 4th<br>$5 Community Class<br>Jessica & Brandon @9AM<br>FuseADF | 5<br>Katie @445PM<br>Power Flow Xpress<br>Tiffany @530PM<br>FuseADF<br>Allie @645PM<br>Vixen | 6<br>Lauren @9AM<br>ADF Burn<br>Melanie @545PM<br>Toning Xpress<br>Wine Wednesday<br>Travis & Katie @630PM<br>Club & Yoga | 7<br>Katie @6AM<br>Hip Hop Yoga<br>Jessica @530PM<br>Zumba Toning<br>Brandon @645PM<br>ClubADF | 8<br>Amber @9AM<br>Zumba<br>Tiffany @445PM<br>ADF Burn | 9<br>Gather GVL<br>Free Community Class<br>Team ADF @930AM |
| 10<br>Brandon @10AM<br>Zumba<br>Lori @4PM<br>FuseADF | 11<br>Travis @445PM<br>ClubADF<br>Jessica @6PM<br>ClubADF<br>Lori @715PM<br>Zumba Toning | 12<br>Katie @6AM<br>Hip Hop Yoga<br>Tiffany @530PM<br>FuseADF<br>Brandon @645PM<br>Zumba | 13<br>Lauren @9AM<br>Burn Xpress<br>Wine Wednesday<br>Megan & Melanie @630PM<br>ClubADF | 14<br>Amber @6AM<br>FuseADF<br>Katie @530PM<br>Hip Hop Yoga<br>Jessica @645PM<br>Zumba Toning | 15<br>Allie @9AM<br>Zumba<br>Tiffany @445PM<br>ADF Burn | 16<br>Tiffany @930AM<br>FuseADF<br>Shana @11AM<br>Vixen |
| 17<br>Travis @10AM<br>FuseADF<br>Melanie @4PM<br>FuseADF | 18<br>Lori @445PM<br>ClubADF<br>Travis @6PM<br>Zumba Toning<br>Shana @715PM<br>Vixen | 19<br>Amber @6AM<br>FuseADF<br>Tiffany @530PM<br>FuseADF<br>Jessica @645PM<br>ClubADF | 20<br>Lauren @9AM<br>ADF Burn<br>Wine Wednesday<br>Jessica & Allie @630PM<br>FuseADF | 21<br>Allie @6AM<br>FuseADF<br>Tiffany @530PM<br>ADF Burn<br>Melanie @645PM<br>Zumba | 22<br>Amber @9AM<br>Zumba<br>Katie @445PM<br>Hip Hop Yoga | 23<br>Lauren @930AM<br>ADF Burn<br>Melanie @11AM<br>Zumba Toning |
| 24<br>Katie @10AM<br>Hip Hop Yoga<br>Jessica @4PM<br>ClubADF<br>31<br>Allie @10AM<br>FuseADF<br>Melanie @4PM<br>FuseADF | 25<br>Travis @445PM<br>ClubADF<br>Lori @6PM<br>ClubADF<br>Allie @715PM<br>Zumba | 26<br>Allie @6AM<br>FuseADF<br>Tiffany @530PM<br>FuseADF<br>Melanie @645PM<br>Zumba Toning | 27<br>Amber @9AM<br>Zumba<br>Jessica @545PM<br>Toning Xpress<br>Free Community Class<br>Yoga w/Jada @630PM<br>(Guest Instructor) | 28<br>Katie @6AM<br>Hip Hop Yoga<br>Lauren @530PM<br>ADF Burn<br>Shana @645PM<br>Vixen | 29<br>Tiffany @9AM<br>ADF Burn<br>Lori @445PM<br>ClubADF<br>Katie @6PM<br>Deep Stretch Xpress | 30<br>Jessica @930AM<br>FuseADF<br>Megan @11AM<br>ClubADF |