



MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
27 Shop Small Spring Market @12PM-4PM Lori @4PM Zumba Toning	28 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Madison @715PM Barless Barre	29 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Milena @645PM Vixen	30 Amber @9AM Zumba \$7 Demo Class Amber @1030AM ADF Groove Tiffany @545PM Burn Xpress Wine Wednesday Melanie & Katie @630PM Toning & Yoga	1 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Lori @645PM ClubADF	2 Amber @9AM FuseADF Jessica @530PM ClubADF	3 Katie @930AM Hip Hop Yoga Lauren @11AM ADF Burn
4 Milena @10AM FuseADF Madison @4PM Barless Barre	5 Lori @445PM ClubADF Milena @6PM Vixen Madison @715PM Barless Barre	6 Lauren @6AM ADF Burn Jessica @530PM FuseADF Lauren @645PM Hip Hop Yoga	7 Amber @9AM Zumba Amber @1030AM ADF Groove Katie @545PM Deep Stretch Xpress \$7 Community Class Lauren & Tiffany @630PM ADF Burn	8 Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Melanie @645PM ClubADF	9 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	10 Mother Daughter Dance Fitness Class Tiffany, Amber & Melanie @10AM
11 No Classes Happy Mother's Day!	12 Lori @445PM ClubADF Lauren @6PM Hip Hop Yoga Brandon @715PM \$7 Virtual ClubADF	13 Lauren @6AM ADF Burn Jessica @530PM FuseADF Tiffany @645PM ADF Mix	14 Amber @9AM Zumba Amber @1030AM ADF Groove Lauren @545PM Power Flow Xpress Wine Wednesday Madison @630PM Barless Barre	15 Lauren @9AM ADF Burn Melanie @530PM Zumba Toning Milena @645PM ClubADF	16 Tiffany @9AM FuseADF Lauren @530PM ADF Burn	17 Katie @930AM Hip Hop Yoga Milena @11AM Vixen
18 Jessica @10AM Zumba Lori @4PM Zumba Toning	19 Lori @445PM ClubADF Tiffany @6PM ADF Mix Madison @715PM Barless Barre	20 Katie @6AM Hip Hop Yoga Tiffany @530PM FuseADF Milena @645PM Vixen	21 Amber @9AM Zumba Amber @1030AM ADF Groove Melanie @545PM Toning Xpress Wine Wednesday Jessica & Madison @630PM FuseADF	22 Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Melanie @645PM ClubADF	23 Amber @9AM FuseADF Lauren @530PM Hip Hop Yoga	24 Tiffany @930AM ADF Burn Amber @11AM ClubADF
25 Lauren @10AM Hip Hop Yoga	26 Memorial Day \$7 Community Class Jessica & Tiffany @9AM FuseADF	27 Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	28 Amber @9AM Zumba Amber @1030AM ADF Groove Katie @545PM Power Flow Xpress Meditation & Sound bath Workshop @630PM	29 Tiffany @9AM ADF Mix Lori @530PM Zumba Toning Milena @645PM Vixen	30 Amber @9AM FuseADF Jessica @530PM ClubADF	31 Melanie @930AM Zumba Toning Lauren @11AM ADF Burn