



OCTOBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
Katie @10AM Hip Hop Yoga Lauren @4PM ADF Burn	Lori @445PM ClubADF Madison @6PM Barless Barre Milena @715PM VXN Workout	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Amber @9AM Zumba Katie @545PM Power Flow Xpress \$7 Community Class Melanie @630PM FuseADF	Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Amber @645PM ADF Groove	Amber @9AM FuseADF Jessica @530PM ClubADF	Small Business Saturday w/Elevation966 Winery Lori & Tiffany @10AM Toning
5	6	7	8	9	10	11
Madison @10AM Barless Barre Lauren @4PM ADF Burn	Lori @445PM ClubADF Madison @6PM Barless Barre	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Amber @9AM Zumba Wine Wednesday Milena & Lauren @630PM VXN & Burn	Tiffany @9AM ADF Mix Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	Amber @9AM FuseADF Lori @530PM ClubADF	Melanie @930AM Zumba Toning Amber @11AM ADF Groove
12	13	14	15	16	17	18
Lauren @10AM Hip Hop Yoga Stephanie @4PM Turn Up Fitness	Jessica @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM \$7 Virtual FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF ADF Community Social @7PM	Amber @9AM Zumba Wine Wednesday Katie & Tiffany @630PM ADF Mix	Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	Amber @9AM FuseADF Madison @530PM ClubADF	Health & Wellness Event @ Fifth Third Park @9AM-3PM
19	20	21	22	23	24	25
Amber @10AM ADF Groove Katie @4PM Hip Hop Yoga	Lori @445PM ClubADF Madison @6PM Barless Barre	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Amber @9AM ADF Groove Tiffany @545PM Burn Xpress \$7 Community Class Jessica @630PM Zumba Toning	Tiffany @9AM ADF Mix Themed Thursday Melanie & Stephanie @630PM Theme: The Wrong Event	Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	Jessica @930AM Zumba Milena @11AM VXN Workout
26	27	28	29	30	31	1
Katie @10AM Hip Hop Yoga Lauren @4PM ADF Burn	Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM \$7 Virtual FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	ZumBOO @7PM Halloween Costume Dance Party w/Team ADF *Ticketed Event	Lauren @9AM ADF Burn Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	Amber @9AM ADF Groove No PM Class Happy Halloween!	