



AUGUST

2026

SUN	MON	TUE	WED	THU	FRI	SAT
26 Amber @10AM Zumba Private Classes @12PM-2PM Stephanie @4PM Turn Up Fitness	27 Jessica @445PM ClubADF Melanie @6PM Zumba Brandon @715PM Free Virtual FuseADF	28 Lauren @6AM ADF Burn (UB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	29 Amber @9AM ADF Groove Wine Wednesday Nathaniel & Melanie @630PM Toning & Yoga Chill	30 Lauren @9AM ADF Burn (LB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	31 Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	1 Melanie @930AM Zumba Toning Stephanie @11AM Turn Up Fitness
2 Melanie @10AM Zumba Lauren @4PM ADF Burn (FB)	3 Jessica @445PM ClubADF Melanie @6PM Zumba Toning	4 Lauren @6AM ADF Burn (LB) Melanie @530PM FuseADF Katie @645PM Hip Hop Yoga - Flow	5 Amber @9AM Zumba Puppy Yoga on the Junction Lawn Nathaniel @630PM Hip Hop Yoga - Chill	6 Lauren @9AM ADF Burn (UB) Tiffany @530PM ADF Mix (UB) Stephanie @645PM Turn Up Fitness	7 Tiffany @9AM FuseADF Jessica @530PM ClubADF	8 Tiffany @930AM ADF Burn (FB) Nathaniel @11AM Hip Hop Yoga - Chill
9 Amber @10AM ADF Groove Madison @4PM Barless Barre	10 Jessica @445PM ClubADF Nathaniel @6PM Hip Hop Yoga - Chill	11 Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	12 Amber @9AM ADF Groove Tiffany @545PM Burn Xpress (LB) ADF Community Social @7PM	13 Lauren @9AM ADF Burn (FB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	14 Amber @9AM FuseADF Melanie @530PM Zumba Toning	15 Jessica @930AM Zumba Tiffany @11AM ADF Mix (UB)
16 6 Week Summer Sizzle Challenge Ends Madison @10AM Barless Barre Member Appreciation Event	17 Lori @445PM ClubADF Melanie @6PM Zumba	18 Lauren @6AM ADF Burn (UB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	19 Amber @9AM ADF Groove Wine Wednesday Madison & Jessica @630PM Barre & Toning	20 Lauren @9AM ADF Burn (LB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	21 Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	22 Brandon @10AM FuseADF
23 Katie @10AM Hip Hop Yoga - Flow Private Classes @12PM-2PM Lori @4PM ClubADF	24 Jessica @445PM ClubADF Tiffany @6PM ADF Mix (FB)	25 Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	26 Amber @9AM Zumba \$11 Community Class Lori @630PM ClubADF	27 Tiffany @9AM ADF Burn (UB) Themed Thursday Nathaniel & Jessica @630PM Fuse & Yoga Chill Theme: When I Grow Up	28 Amber @9AM FuseADF Lori @530PM Zumba Toning	29 Melanie @930AM Zumba Toning Nathaniel @11AM Hip Hop Yoga - Chill Private Event @7PM
30 Amber @10AM ADF Groove Lauren @4PM ADF Burn (FB)	31 Lori @445PM ClubADF Tiffany @6PM ADF Mix (LB) Brandon @715PM Free Virtual FuseADF	1	2	3	4	5