

**ADRENALINE
DANCE FITNESS**

MAY

2026

SUN	MON	TUE	WED	THU	FRI	SAT
26 Shop Small Spring Market @12PM-4PM Madison @4PM Barless Barre	27 Jessica @445PM ClubADF Madison @6PM FuseADF	28 Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	29 Amber @9AM Zumba \$11 Community Class Madison @630PM Barless Barre	30 Tiffany @9AM ADF Burn (FB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	1 Amber @9AM ADF Groove Stephanie @530PM Turn Up Fitness	2 Guest Instructor Travis @10AM FuseADF
3 Katie @10AM Hip Hop Yoga - Flow Jessica @4PM Zumba	4 Lori @445PM ClubADF Tiffany @6PM ADF Mix (UB)	5 Tiffany @6AM ADF Burn (LB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	6 Amber @9AM ADF Groove \$11 Community Class Tiffany @630PM ClubADF	7 Lauren @9AM ADF Burn (FB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	8 Amber @9AM FuseADF Jessica @530PM Zumba	9 Madison @930AM Barless Barre Melanie @11AM Zumba Toning
10 <i>Happy Mother's Day!</i> No Classes	11 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM Free Virtual FuseADF	12 Lauren @6AM ADF Burn (UB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	13 Amber @9AM Zumba ADF Community Social @7PM	14 Tiffany @9AM ADF Mix (LB) Melanie @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	15 Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	16 Lauren @930AM ADF Burn (FB) Nathaniel @11AM Hip Hop Yoga - Chill
17 Amber @10AM ADF Groove Lori @4PM Zumba Toning	18 Jessica @445PM ClubADF Melanie @6PM Barless Barre	19 Lauren @6AM ADF Burn (LB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	20 Amber @9AM Zumba \$11 Community Class Stephanie @630PM Turn Up Fitness	21 Tiffany @9AM ADF Burn (UB) Themed Thursday Lori & Lauren @630PM Toning & Burn Theme: Glitter & Gains	22 Amber @9AM FuseADF Melanie @530PM ClubADF	23 Amber @930AM ADF Groove Tiffany @11AM ADF Mix (FB)
24 Nathaniel @10AM Hip Hop Yoga - Chill	25 <i>Memorial Day</i> \$11 Community Class Jessica & Melanie @9AM FuseADF	26 Lauren @6AM ADF Burn (UB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	27 Amber @9AM Zumba Wine Wednesday Katie & Tiffany @630PM Burn & Yoga (LB)	28 Lauren @9AM ADF Burn (FB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	29 Amber @9AM FuseADF Lori @530PM ClubADF	30 Melanie @930AM Zumba Toning Stephanie @11AM Turn Up Fitness
31 Amber @10AM ADF Groove Lauren @4PM ADF Burn (LB)	1	2	3	4	5	6