



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Melanie @10AM Zumba Toning Lauren @4PM ADF Burn	Jessica @445PM Zumba Toning Katie @6PM Hip Hop Yoga Shana @715PM Vixen	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Melanie @645PM Zumba Toning	Amber @9AM ClubADF Tiffany @545PM Burn Xpress \$5 Community Class Madison @630PM FuseADF	Katie @6AM Hip Hop Yoga Lori @530PM ClubADF Member Social @7PM	Amber @9AM Zumba Tiffany @445PM ADF Mix	Lauren @930AM ADF Burn Melanie @11AM FuseADF
7	8	9	10	11	12	13
Jessica @10AM Zumba Madison @4PM FuseADF	Lauren @445PM ADF Burn Lori @6PM Zumba Toning Melanie @715PM Zumba	Katie @6AM Hip Hop Yoga Tiffany @530PM FuseADF Shana @645PM Vixen	Amber @9AM FuseADF Lauren @1215PM Burn Xpress Wine Wednesday Katie & Jessica @630PM Yoga & Toning	Lauren @6AM ADF Burn Jessica @530PM ClubADF Madison @645PM FuseADF	Amber @9AM Zumba Megan @445PM ClubADF	Tiffany @930AM ADF Mix Shana @11AM Vixen
14	15	16	17	18	19	20
No Classes	Jessica @445PM FuseADF Brandon @6PM ClubADF Shana @715PM Vixen	Katie @6AM Hip Hop Yoga Tiffany @530PM FuseADF Lauren @645PM ADF Burn	Amber @9AM ClubADF Tiffany @545PM Burn Xpress \$5 Community Class Milena @630PM FuseADF	Lauren @6AM ADF Burn Katie @530PM Hip Hop Yoga Melanie @645PM Zumba	Tiffany @9AM ADF Mix Jessica @445PM Zumba Toning	Gather GVL Free Community Class Team ADF @930AM
21	22	23	24	25	26	27
Amber @10AM Zumba Lori @4PM Zumba Toning	Jessica @445PM FuseADF Tiffany @6PM ADF Mix \$5 Virtual Community Class Brandon @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lori @645PM ClubADF	Katie @9AM Hip Hop Yoga Megan @545PM Burn Xpress Wine Wednesday Megan & Madison @630PM ClubADF	Katie @6AM Hip Hop Yoga Jessica @530PM Zumba Melanie @645PM Zumba Toning	Madison @9AM FuseADF Lauren @445PM ADF Burn	Melanie @930AM Zumba Megan @11AM FuseADF
28	29	30	31	1	2	3
Katie @10AM Hip Hop Yoga Lauren @4PM ADF Burn	Memorial Day \$5 Community Class Jessica & Melanie @9AM FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Melanie @645PM Zumba Toning	Katie @9AM Hip Hop Yoga Wine Wednesday Shana & Milena @630PM Vixen & Club			