



JANUARY

2026

SUN	MON	TUE	WED	THU	FRI	SAT
28 Katie @10AM Hip Hop Yoga Jessica @4PM ADF Groove	29 Lori @445PM ClubADF Madison @6PM Barless Barre	30 Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga	31 New Year's Eve Class \$7 Community Class Tiffany, Jessica & Amber @9AM FuseADF	1 New Year's Day Class Lauren, Stephanie & Nathaniel @1PM ADF Mix (FB)	2 Amber @9AM FuseADF Jessica @530PM Zumba Toning	3 Tiffany @930AM ADF Burn (FB) Stephanie @11AM Turn Up Fitness
4 Amber @10AM ADF Groove Melanie @4PM Zumba	5 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM Free Virtual ClubADF	6 Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	7 Amber @9AM ADF Groove Wine Wednesday Tiffany & Jessica @630PM ADF Mix (LB)	8 Lauren @9AM ADF Burn (UB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	9 Amber @9AM FuseADF Lauren @530PM ADF Burn (FB)	10 Nathaniel @930AM Hip Hop Yoga - Chill Melanie @11AM Zumba
11 Jessica @10AM FuseADF Lori @4PM Zumba Toning	12 Jessica @445PM ClubADF Melanie @6PM Zumba	13 Lauren @6AM ADF Burn (UB) Tiffany @530PM FuseADF ADF Community Social @7PM	14 Amber @9AM ADF Groove \$7 Community Class Nathaniel @630PM Hip Hop Yoga - Chill	15 Lauren @9AM ADF Burn (LB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	16 Amber @9AM FuseADF ADF After Dark Event Stephanie, Lori & Katie @715PM	17 Jessica @930AM FuseADF Tiffany @11AM ADF Mix (FB)
18 Madison @10AM Barless Barre Katie @4PM Hip Hop Yoga - Flow	19 Lori @445PM ClubADF Jessica @6PM Zumba Toning	20 Lauren @6AM ADF Burn (FB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	21 Tiffany @9AM Zumba \$7 Community Class Amber @630PM ADF Groove	22 Tiffany @9AM ADF Burn (FB) Themed Thursday Melanie & Stephanie @630PM Theme: Superheroes & Alter Egos	23 Amber @9AM FuseADF Lauren @530PM ADF Burn (LB)	24 Tiffany @930AM ADF Mix (UB) Amber @11AM ClubADF
25 Nathaniel @10AM Hip Hop Yoga - Chill Madison @4PM Barless Barre	26 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM Free Virtual FuseADF	27 Lauren @6AM ADF Burn (LB) Melanie @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	28 Amber @9AM Zumba Wine Wednesday Katie & Jessica @630PM Yoga Flow & Toning	29 Lauren @9AM ADF Burn (UB) \$7 Birthday Class Tiffany @6PM FuseADF	30 Amber @9AM ADF Groove Jessica @530PM ClubADF	31 Melanie @930AM Zumba Toning Stephanie @11AM Turn Up Fitness