



JULY

2026

SUN	MON	TUE	WED	THU	FRI	SAT
28 Amber @10AM Zumba Private Classes @12PM-2PM Lauren @4PM ADF Burn (LB)	29 Lori @445PM ClubADF Madison @6PM Barless Barre Brandon @715PM Free Virtual FuseADF Private Class @715PM	30 Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	1 Amber @9AM Zumba Wine Wednesday Melanie & Jessica @630PM FuseADF	2 Tiffany @9AM ADF Burn (UB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	3 Amber @9AM ADF Groove Jessica @530PM ClubADF	4 4th of July \$11 Community Class Stephanie & Amber @930AM Turn Up & FuseADF
5 Melanie @10AM Zumba Toning	6 6 Week Summer Sizzle Challenge Begins Tiffany @445PM ClubADF Madison @6PM Barless Barre	7 Lauren @6AM ADF Burn (UB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga - Chill	8 Amber @9AM Zumba \$11 Birthday Class Katie @630PM Hip Hop Yoga - Flow	9 Tiffany @9AM ADF Mix (LB) Melanie @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	10 Tiffany @9AM FuseADF Lauren @530PM ADF Burn (FB)	11 Jessica @930AM Zumba Toning Nathaniel @11AM Hip Hop Yoga - Chill
12 Amber @10AM ADF Groove Lauren @4PM ADF Burn (LB)	13 Private Class @230PM Amber @445PM ClubADF Nathaniel @6PM Hip Hop Yoga - Chill	14 Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF ADF Community Social @7PM	15 Amber @9AM Zumba Wine Wednesday Jessica & Tiffany @630PM Toning & FuseADF	16 Lauren @9AM ADF Burn (UB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	17 Amber @9AM ADF Groove Jessica @530PM ClubADF	18 Clean Eat Event Free Community Class Team ADF @9AM ADF Mix
19 Madison @10AM Barless Barre Katie @4PM Hip Hop Yoga - Flow	20 Jessica @445PM ClubADF Nathaniel @6PM Hip Hop Yoga - Chill	21 Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Katie @645PM Hip Hop Yoga - Flow	22 Amber @9AM ADF Groove \$11 Birthday Class Lauren @630PM ADF Burn (FB)	23 Tiffany @9AM ADF Burn (FB) Themed Thursday Stephanie & Jessica @630PM Turn Up & Toning Theme: Christmas in July	24 Jessica @9AM FuseADF Melanie @530PM ClubADF	25 Madison @930AM Barless Barre Tiffany @11AM ADF Mix (UB)
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