



SEPTEMBER

2026

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
Amber @10AM ADF Groove Lauren @4PM ADF Burn (FB)	Lori @445PM ClubADF Tiffany @6PM ADF Mix (LB) Brandon @715PM Free Virtual FuseADF	Lauren @6AM ADF Burn (UB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	Amber @9AM ADF Groove Sound Bath & Yoga Experience Tiffany M. & Nathaniel @630PM 75 minute ticketed event	Tiffany @9AM ADF Burn (FB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	Amber @9AM FuseADF Stephanie @530PM Turn Up Fitness	Jessica @930AM Zumba Melanie @11AM Zumba Toning
6	7	8	9	10	11	12
Katie @10AM Hip Hop Yoga Flow Lauren @4PM ADF Burn (FB)	Labor Day \$11 Community Class Jessica & Stephanie @9AM Club & Turn Up	Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	Tiffany @9AM Zumba Wine Wednesday Lauren & Katie @630PM Burn & Yoga Flow (UB)	Lauren @9AM ADF Burn (LB) Jessica @530PM Zumba Toning Stephanie @645PM Turn Up Fitness	Amber @9AM FuseADF Tiffany @530PM ADF Mix (FB) ADF Community Social @7PM	Amber @930AM ADF Groove Stephanie @11AM Turn Up Fitness
13	14	15	16	17	18	19
Madison @10AM Barless Barre Lori @4PM ClubADF ADF Team Meeting	Stephanie @445PM Turn Up Fitness \$11 Demo Class Jessica @6PM Barless Barre	Lauren @6AM ADF Burn (LB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	Amber @9AM ADF Groove Wine Wednesday Tiffany & Lauren @630PM ADF Mix (FB)	Tiffany @9AM ADF Burn (UB) Melanie @530PM Zumba Toning Lori @645PM ClubADF	Amber @9AM FuseADF Jessica @530PM Zumba Toning	Gather GVL Event Free Community Class Team ADF @10AM ClubADF
20	21	22	23	24	25	26
Nathaniel @10AM Hip Hop Yoga Chill Melanie @4PM Zumba	Lori @445PM ClubADF Jessica @6PM Barless Barre Brandon @715PM Free Virtual FuseADF	Lauren @6AM ADF Burn (UB) Jessica @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	Amber @9AM ADF Groove \$11 Community Class Tiffany @630PM Zumba	Lauren @9AM ADF Burn (LB) Themed Thursday Stephanie & Tiffany @630PM Turn Up & Toning Theme: Dolly Parton	Amber @9AM FuseADF Lori @530PM Zumba Toning	Tiffany @930AM ADF Mix (UB) Stephanie @11AM Turn Up Fitness
27	28	29	30	1	2	3
Amber @10AM Zumba Private Class @1PM Lauren @4PM ADF Burn (FB)	Lori @445PM ClubADF \$11 Birthday Class Madison @6PM FuseADF	Lauren @6AM ADF Burn (FB) Tiffany @530PM FuseADF Nathaniel @645PM Hip Hop Yoga Chill	Amber @9AM Zumba The Secondhand Social @630PM-830PM			