



December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Amber @10AM Zumba Lauren @4PM Hip Hop Yoga	Lori @445PM FuseADF Jessica @6PM Zumba Toning \$7 Virtual Community Class Brandon @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Madison @645PM Barless Barre	Amber @9AM ClubADF Lauren @545PM Power Flow Xpress Wine Wednesday Melanie & Lauren @630PM Toning & Burn	Tiffany @530PM ADF Mix Lori @645PM ClubADF	Lauren @9AM ADF Burn Megan @530PM ClubADF	Lauren @930AM Hip Hop Yoga Melanie @11AM Zumba
8	9	10	11	12	13	14
Melanie @10AM FuseADF Katie @4PM Hip Hop Yoga	Amber @445PM ClubADF Lori @6PM Zumba Toning \$7 Virtual Community Class Brandon @715PM FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Katie @9AM Hip Hop Yoga Sweatpants Donation Class Jessica, Tiffany & Melanie @630PM - FuseADF	Lauren @530PM Hip Hop Yoga Jessica @645PM FuseADF	Amber @9AM Zumba Tiffany @530PM ADF Mix	Lauren @930AM ADF Burn Amber @11AM ClubADF
15	16	17	18	19	20	21
Jessica @10AM Zumba Toning Lori @4PM ClubADF	Megan @445PM FuseADF Jessica @6PM ClubADF Lauren @715PM Hip Hop Yoga	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Jessica @645PM Zumba Toning	Amber @9AM Zumba Lauren @445PM Burn Xpress Team ADF Christmas Party	Madison @530PM ClubADF Tiffany @645PM ADF Mix	Katie @9AM Hip Hop Yoga Lori @530PM ClubADF	Christmas Themed Yoga Lauren @930AM Member Holiday Party @11AM-1PM
22	23	24	25	26	27	28
Madison @10AM Barless Barre Lauren @4PM ADF Burn	Lauren @445PM Hip Hop Yoga Brandon @6PM FuseADF	No Classes Merry Christmas!	No Classes Merry Christmas!	\$7 Community Class Jessica @6PM Zumba Toning	Madison @9AM Barless Barre Lauren @530PM ADF Burn	Tiffany @930AM ADF Mix Melanie @11AM Zumba
29	30	31	1	2	3	4
Amber @10AM FuseADF Megan @4PM ClubADF	Katie @445PM Hip Hop Yoga Madison @6PM Barless Barre Lori @715PM ClubADF	NYE Class \$7 Community Class Madison, Tiffany & Jessica @9AM - FuseADF				