



# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Amber @10AM Zumba Lauren @4PM ADF Burn	Lori @445PM ClubADF Milena @6PM Vixen \$5 Virtual Community Class Brandon @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Madison @9AM Barless Barre Wine Wednesday Melanie & Lauren @630PM Toning & Yoga	Camperdown GVL Event Free Community Class Team ADF @6PM FuseADF	Amber @9AM Zumba Megan @530PM ClubADF	Jessica @930AM ClubADF Tiffany @11AM ADF Mix
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Milena @10AM FuseADF Lauren @4PM ADF Burn	Katie @445PM Hip Hop Yoga Jessica @6PM Zumba Toning Milena @715PM Zumba	Lauren @6AM ADF Burn Jessica @530PM FuseADF Madison @645PM ClubADF	Tiffany @9AM ClubADF Lauren @545PM Power Flow Xpress \$7 Vixen Community Class Milena @630PM	Melanie @530PM ClubADF Lauren @645PM ADF Burn	Madison @9AM FuseADF Tiffany @530PM ADF Mix	Yoga on the Lawn Book Donation Class Katie @10AM
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Madison @10AM Barless Barre Lauren @4PM Hip Hop Yoga	Lauren @445PM ADF Burn Tiffany @6PM ADF Mix Melanie @715PM Zumba Toning	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lauren @645PM Hip Hop Yoga	Madison @9AM Barless Barre \$7 Birthday Class Lori & Megan @630PM ClubADF	Lauren @530PM Hip Hop Yoga Milena @645PM Vixen	Amber @9AM Zumba Jessica @530PM ClubADF	Melanie @930AM FuseADF Amber @11AM ClubADF
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Katie @10AM Hip Hop Yoga Lori @4PM Zumba Toning	Tiffany @445PM ADF Burn Melanie @6PM FuseADF \$7 Virtual Community Class Brandon @715PM ClubADF	Lauren @6AM ADF Burn Jessica @530PM FuseADF Milena @645PM Vixen	Tiffany @9AM ADF Mix Wine Wednesday Lauren & Lauren @630PM Burn & Yoga	Jessica @530PM Zumba Toning Madison @645PM Barless Barre	Amber @9AM Zumba Lori @530PM ClubADF	Melanie @930AM Zumba Toning Amber @11AM ClubADF
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
Lauren @10AM Hip Hop Yoga Megan @4PM FuseADF	Lori @445PM FuseADF Lauren @6PM ADF Burn \$7 Virtual Community Class Brandon @715PM ClubADF	ZumBOO Halloween Costume Dance Party! Team ADF @7PM	Katie @9AM Hip Hop Yoga \$7 Community Class Tiffany @630PM ADF Mix	Halloween No Classes		