



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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	Amber @9AM ClubADF Jessica @530PM Zumba Toning	Run4Life 5k Run/Walk Benefitting Prisma Health Cancer Institute Team ADF @815AM
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Madison @10AM Barless Barre Megan @4PM FuseADF	Tiffany @445PM ADF Mix Jessica @6PM Zumba Toning Milena @715PM Vixen	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Melanie @645PM ClubADF	Tiffany @9AM ClubADF Wine Wednesday Milena & Lori @630PM FuseADF	Madison @530PM Barless Barre Lauren @645PM Hip Hop Yoga	Amber @9AM FuseADF Lauren @530PM ADF Burn	Katie @930AM Hip Hop Yoga Melanie @11AM Zumba Toning
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Amber @10AM Zumba Lori @4PM ClubADF	Jessica @445PM Zumba Milena @6PM ClubADF \$7 Virtual Community Class Brandon @715PM FuseADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lori @645PM Zumba Toning	Amber @9AM ClubADF Wine Wednesday Melanie, Lauren & Lauren @630PM ADF Mix	Melanie @530PM Zumba Toning Madison @645PM Barless Barre	Katie @9AM Hip Hop Yoga Megan @530PM ClubADF	Jessica @930AM FuseADF Milena @11AM Vixen
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Lauren @10AM Hip Hop Yoga Lauren @4PM ADF Burn	Lori @445PM ClubADF Melanie @6PM Zumba Milena @715PM Vixen	Lauren @6AM ADF Burn Jessica @530PM FuseADF Madison @645PM ClubADF	Tiffany @9AM ADF Mix Glow Yoga Fundraiser Lauren @630PM	Jessica @530PM ClubADF Lauren @645PM ADF Burn	Amber @9AM FuseADF Tiffany @530PM ADF Burn	Melanie @930AM Zumba Toning Katie @11AM Hip Hop Yoga
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Shop Small Holiday Market @1PM-4PM Madison @4PM Barless Barre	Jessica @445PM Zumba Katie @6PM. Hip Hop Yoga Megan @715PM ClubADF	Lauren @6AM ADF Burn Tiffany @530PM FuseADF Lori @645PM Zumba Toning	\$7 Gratitude Flow Lauren @9AM Hip Hop Yoga \$7 Community Class Lauren @630PM ADF Burn	Turkey Burn \$7 Community Class Brandon & Jessica @9AM FuseADF	\$7 Community Class Madison @1PM Barless Barre	Tiffany @930AM ADF Mix Amber @11AM ClubADF