

Hours of Operation
Monday-Friday: 0600-2000
Sat/Sun/Holidays: 0700-1700

USAFA Aerobic Schedule
March 2023

5234 Aspen Drive
USAF Academy, CO 80840
719-333-4522

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 0900 Aqua Zumba - Juanita 0900 Yoga Fusion - Mia 1000 Zumba - Robin 1700 Yoga - Cody	2 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	3 1000 Zumba - Raquel 1100 Yoga - Mia	4 0800 HIIT -Silvia 0900 Yoga - Cody
5	6 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	7 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	8 0900 Aqua Zumba - Juanita 0900 Yoga Fusion - Mia 1000 Zumba - Robin 1700 Yoga - Cody	9 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	10 1000 Zumba - Raquel 1100 Yoga - Mia	11 0900 Yoga - Cody
12	13 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	14 0900 Zumba - Juanita 1000 Muscle Pump - Nanette 1100 Zumba- Raquel 1630 Pilates - Silvia	15 0900 Aqua Zumba -Juanita 1000 Barre - Kristi 1700 Yoga - Cody	16 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	17 1000 Zumba - Raquel 1100 Yoga - Mia	18 0800 HIIT - Kristi 0900 Yoga - Cody
19	20 0900 Zumba World - Juanita 1000 Zumba Dance - Robin 1630 Zumba - Juanita	21 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics- Robin 1630 Yoga Fusion - Mia	22 0900 Aqua Zumba -Juanita 0900 Yoga Fusion - Mia 1000 Zumba - Robin 1700 Yoga- Jan	23 0930 Yoga Fusion - Mia 1100 Zumba - Juanita 1700 Come Back Yoga - Mia	24 1000 Zumba - Raquel 1100 Yoga - Mia	25 0800 HIIT - Kristi 0900 Yoga -Kristi
26	27 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	28 0900 Zumba - Juanita 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	29 0900 Aqua Zumba -Juanita 0900 Yoga Fusion - Mia 1000 Zumba - Raquel 1700 Yoga - Jan	30 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	31 1000 Zumba - Raquel 1100 Yoga - Mia	
			Please note all aerobic and Zumba classes are 50 minutes long and HIIT classes are 45 minutes			

March 2023 Cycling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1200 Danny	2 1700 Ray	3 0900 Pam	4 1000 Barbara
5	6	7 0600 Ray 1000 Barbara	8 1200 Danny	9 1700 Ray	10 0900 Pam	11 1000 Barbara
12	13	14 0600 Ray 1000 Barbara	15 1200 Danny	16 1700 Ray	17 0900 Pam 	18 1000 Barbara
19	20	21 0600 Ray 1000 Barbara	22 1200 Danny	23 1700 Ray	24 0900 Pam	25 1000 Barbara
26	27	28 0600 Ray 1000 Barbara	29 1200 Danny	30 1700 Ray	31 0900 Pam	