

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

**USAFA Aerobic Schedule**  
**June 2023**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1700 Come Back Yoga - Cody	2 1000 Zumba - Raquel 1100 Yoga - Mia	3 0900 Yoga - Cody
4	5 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	6 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre- Silvia	7 0900 Zumba - Robin 1000 Yoga Fusion - Mia 1700 Yin Yoga – Cody 1800 Aqua Zumba Juanita	8 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	9 1000 Zumba - Raquel 1100 Yoga - Mia	10 0900 Yoga -Cody
11	12 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	13 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	14 0900 Zumba - Robin 1000 Yoga Fusion - Mia 1700 Yin Yoga – Cody 1800 Aua Zumba Juanita	15 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	16 1000 Zumba - Raquel 1100 Yoga - Mia	17 0900 Yoga - Cody
18 	19 	20 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	21 0900 Zumba - Robin 1000 Yoga Fusion - Mia 1700 Yin Yoga – Cody 1800 Aqua Zumba - Juanita	22 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	23 1000 Zumba - Raquel 1100 Yoga - Mia	24 0900 Yoga - Cody
25	26 0900 Zumba World - Juanita 1000 Zumba - Robin 1630 Zumba - Juanita	27 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	28 0900 Zumba - Robin 1000 Yoga Fusion - Mia 1700 Yin Yoga – Cody 1800 Aqua Zumba - Juanita	29 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	30 1000 Zumba - Raquel 1100 Yoga - Mia	
			<b>Please note all aerobic and Zumba classes are 50 minutes long and</b>			

			<b>HIIT classes are 45 minutes</b>			
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# June 2023 Cycling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1730 Ray <sup>1</sup>	0900 Pam <sup>2</sup>	1000 Barbara <sup>3</sup>
4	5	1000 Barbara <sup>6</sup>	1200 Danny <sup>7</sup>	1730 Ray <sup>8</sup>	0900 Pam <sup>9</sup>	1000 Barbara <sup>10</sup>
11	12	1000 Barbara <sup>13</sup>	1200 Danny <sup>14</sup>	1730 Ray <sup>15</sup>	0900 Pam <sup>16</sup>	1000 Barbara <sup>17</sup>
18	19	1000 Barbara <sup>20</sup>	1200 Danny <sup>21</sup>	1730 Ray <sup>22</sup>	0900 Pam <sup>23</sup>	1000 Barbara <sup>24</sup>
		1000 Barbara <sup>27</sup>	1200 Danny <sup>28</sup>	1730 Ray <sup>29</sup>	0900 Pam <sup>30</sup>	
25	26	1000 Barbara <sup>27</sup>	1200 Danny <sup>28</sup>	1730 Ray <sup>29</sup>	0900 Pam <sup>30</sup>	