

Hours of Operation

Monday-Friday: 0600-2000

Sat/Sun/Holidays: 0700-1700

USAFA Aerobic Schedule

October 2023

5234 Aspen Drive

USAF Academy, CO 80840

719-333-4522

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Pilates- Silvia	0900 HIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Yin Yoga - Mia	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	1000 Yoga - Lance
8	9	10	11	12	13	14
	No Classes 	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	0900 HIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Yin Yoga - Mia	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Mia	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	1000 Yoga - Lance
15	16	17	18	19	20	21
	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	0900 HIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Yin Yoga - Mia	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	1000 Yoga - Lance
22	23	24	25	26	27	28
	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	0900 HIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Yin Yoga - Mia	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Come Back Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	1000 Yoga - Lance
29	30	31				
	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia				

October 2023 Cycling Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 1200 Danny	5 1730 Ray	6 0900 Pam	7 1000 Pam
8	9 	10	11 1200 Danny	12 1730 Ray	13 0900 Pam	14 1000 Pam
15	16	17	18 1200 Danny	19 1730 Ray	20 0900 Pam	21 1000 Pam
22	23	24	25 1200 Danny	26 1730 Ray	27 0900 Pam	28 1000 Pam
29	30	31				