

Hours of Operation

Monday-Friday: 0600-2000

Sat/Sun/Holidays:

0700-1700

USAFA Aerobic Schedule

April 2024

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	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 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Vinyasa - Lance	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Juanita 1100 Yoga - Mia	0845 Barre Intensity - Monica 1000 Yoga - Lance
7	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Monica 1100 Latin Dance Basics - Raquel 1630 Pilates - Silvia	0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Juanita 1700 Vinyasa - Lance	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	0845 Barre Intensity - Monica 1000 Yoga - Lance
14	0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Monica	0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Vinyasa - Lance	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	0845 Barre Intensity - Monica 1000 Yoga - Lance
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 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Robin 1700 Vinyasa - Lance	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Cody	0900 Abs & Glutes - Monica 1000 Zumba - Raquel	0845 Barre Intensity - Monica 1000 Yoga - Lance

					1100 Yoga - Mia	
28	29 0900 Zumba World - Juanita 1000 Zumba – Raquel 1700 Zumba - Juanita	30 0900 Zumba - Juanita 1000 Muscle Pump - Monica 1100 Latin Dance Basics - Raquel 1630 Barre - Monica				