


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

USAFA Aerobic Schedule

July 2024

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	2 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	3 0900 HIIT - Monica 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	4 	5 No Classes	6 0845 Barre Intensity - Monica 1000 Yoga - Lance
7	8 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	9 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	10 0900 HIIT - Monica 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	11 Prep School Orientation No Classes	12 0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	13 0845 Barre Intensity - Monica 1000 Yoga - Mia
14	15 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	16 0900 Zumba - Juanita 1000 Bot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	17 0900 HIIT - Monica 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	18 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Mia	19 0900 Abs & Glutes - Monica 1000 Zumba - Juanita 1100 Yoga - Mia	20 0845 Barre Intensity - Monca 1000 Yoga - Lance
21	22 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	23 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Barre- Silvia	24 0900 HIIT - Monica 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	25 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Mia	26 0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	27 0845 Barre Intensity - Monica 1000 Yoga - Mia
28	29	30	31			

	0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Boot Camp- Robin 1100 Latin Dance Basics - Robin 1630 Barre - Monica	0900 HIIT - Monica 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance			