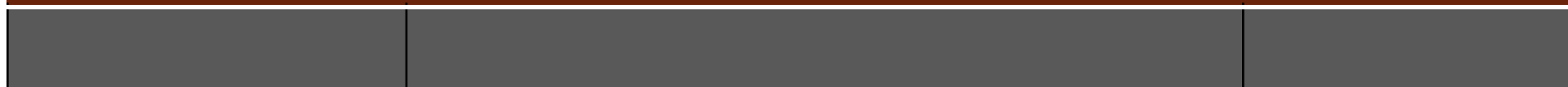



**Hours of Operation**  
**Monday-Friday: 0600-2000**  
**Sat/Sun/Holidays: 0700-1700**

**USAFA Aerobic Schedule**  
**November 2024**

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



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

|  |  |  |            |  |  |  |
|--|--|--|------------|--|--|--|
|  | 0900 Zumba World - Juanita<br>1000 Zumba - Robin<br>1700 Zumba - Juanita | 0900 Zumba - Juanita<br>1000 Boot Camp - Robin<br>1100 Latin Dance Basics - Robin<br>1630 Pilates - Silvia | No Classes | <br>No Class | 0900 Abs & Glutes - Silvia<br>1000 Zumba - Raquel<br>1100 Yoga - Mia | 0845 Barre Intensity - Silvia<br>1000 Yoga - Lance |
|  |  |  |            |  |  |  |
|  |  |  |            |  |  |  |