

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

USAFA Aerobic Schedule
December 2024

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

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

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| | 0900 Zumba World - Juanita 1000 Zumba - Robin 1700 Zumba - Juanita | 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia | | | | |
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