


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

USAFA Aerobic Schedule
May 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia	2 0830 Muscle Pump – Nanette 1000 Yoga - Lance
3	4 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	5 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	6 0900 Yoga Strength - Mia 1000 Zumba - Robin 1300 Muscle Pump - Nanette	7 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	8 0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia	9 0830 Muscle Pump - Nanette 1000 Yoga - Lance
10	11 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	12 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	13 0900 Yoga Strength - Mia 1000 Zumba - Robin 1300 Muscle Pump - Nanette	14 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	15 0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia	16 0830 Muscle Pump – Nanette 1000 Yoga – Lance
17	18 No Morning Classes Prep School Graduation 1400 Yoga - Mia 1700 Zumba - Juanita	19 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	20 0900 Yoga Strength - Mia 1000 Zumba - Robin 1300 Muscle Pump - Nanette	21 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	22 0900 TRX - Robin 1000 Zumba – Raquel 1100 Yoga – Mia	23 1000 Yoga – Lance
24	25	26	27	28	29	30

	<p>No Classes</p> 	<p>0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia</p>	<p>0900 Yoga Strength - Mia 1000 Zumba - Robin 1300 Muscle Pump - Nanette</p>	<p>No Classes Academy Graduation</p>	<p>0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia</p>	<p>0830 Muscle Pump - Nanette 1000 Yoga – Lance</p>
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