


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

USAFA Aerobic Schedule
June 2026

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

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

28	<p style="text-align: right;">29</p> 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	<p style="text-align: right;">30</p> 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia				

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