

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

USAFA Aerobic Schedule
September 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	4 0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Mia	5 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Mia	6 0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	7 0845 Barre Intensity - Monica 1000 Yoga - Lance
8	9 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	10 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Monica	11 0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	12 0930 Body Sculpt - Monica 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 - Noriko 1700 Zumba - Juanita	17 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Pilates - Silvia	18 0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Noriko 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 0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita	24 0900 Zumba - Juanita 1000 Boot Camp - Robin 1100 Latin Dance Basics - Robin 1630 Barre - Silvia	25 0900 HIIT - Monica 0900 Aqua Zumba - Juanita 1000 Zumba - Noriko 1300 Zumba World - Juanita 1700 Yoga - Lance	26 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1700 Vinyasa Yoga - Mia	27 0900 Abs & Glutes - Monica 1000 Zumba - Raquel 1100 Yoga - Mia	28 0845 Barre Intensity - Monica 1000 Yoga - Lance
29	30					

	0900 Zumba World - Juanita 1000 Zumba - Noriko 1700 Zumba - Juanita					