



McAdoo Fitness Classes

FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AFFT Classes Monday - Thursday 0530 & 1100</p>					1 0800 Zumba - Michelle	2
<p>3 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1700 Cycle-Jill 1800 Zumba - Michelle</p>	<p>4 1630 Zumba - Michelle</p>	<p>5 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1800 Zumba - Michelle</p>	<p>6 1630 Zumba - Michelle</p>	<p>7 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna</p>	<p>8 0800 Zumba - Michelle</p>	9
<p>10 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1700 Cycle-Jill</p>	<p>11 1000 Fam Bootcamp-Anna</p>	<p>12 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna</p>	13	<p>14 FAMILY DAY NO CLASSES</p>	15	16
<p>17 PRESIDENTS DAY NO CLASSES</p>	<p>18 1000 Fam Bootcamp-Anna</p>	<p>19 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1800 Zumba - Michelle</p>	<p>20 1630 Zumba - Michelle</p>	<p>21 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna</p>	<p>22 0800 Zumba - Michelle</p>	23
<p>24 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1700 Cycle-Jill 1800 Zumba - Michelle</p>	<p>25 1630 Zumba - Michelle</p>	<p>26 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna 1800 Zumba - Michelle</p>	<p>27 1630 Zumba - Michelle</p>	<p>28 0900 Bootcamp-Anne 1000 Fam Bootcamp-Anna</p>		<p>Key FIP Classes TURF</p>