



WEEKLY VIRTUAL CLASS SCHEDULE

APRIL, MAY, JUNE - 2026

TUESDAYS

4:00 PM - 5:00 PM EST

DFURF Virtual Coaching Class with Mary

Platform: Microsoft Teams

7:00 PM EST

DFURF Eruptions Class with Brian

Platform: Microsoft Teams

WEDNESDAYS

7:00 PM EST

Work It Out Class

Platform: Zoom

THURSDAYS

7:00 PM EST

DFURF Eruptions Class with Brian

Platform: Microsoft Teams

Ed - ebuettner@nfhcs.org

Brian - buher@nfhcs.org

