

GROUP FITNESS, DIAMOND ROOM - WEST

FEBRUARY 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
				1 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:45 RPM®--Thea	2 5:45am CYCLING--Danyelle 9:00 willPower & grace®--Liz 10:15 ATHLETIC FLOW YOGA --Anni 12:00 CYCLING--Robb 1:30 YOGA 1--Anni	3 8:15 CYCLING--Melinda 9:30 willPower & grace® --Jennifer K 10:45 POUND--Danyelle
4	5 6:00 am RPM--Thea 9:00 BODYCOMBAT® --Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING--Robb 4:45 RPM®--Rock 5:45 ALL LEVELS YOGA --Ken 7:00 BALLROOM DANCE --Ken (FEE)	6 9:00 TRX --Robb (Fee) 10:15 RPM®--Rock 4:30 BARRE FUSION® 50- --Angie A 5:45 CYCLING--Robb	7 5:45am CYCLING--Jenn C 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA --Anni 12:00 VO CYCLING--Melinda 5:45 FLOW YOGA--Ken	8 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:45 RPM®--Thea	9 5:45am CYCLING--Danyelle 9:00 willPower & grace®--Liz 10:15 ATHLETIC FLOW YOGA --Anni 12:00 CYCLING--Robb 1:30 YOGA 1--Carol	10 8:15 CYCLING thru the 80's Kelly-- 9:30 willPower & grace® --Jennifer K 10:45 POUND--Danyelle
11	12 6:00 am RPM-- Thea 9:00 BODYCOMBAT® --Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING--Robb 4:45 RPM®--Rock 5:45 ALL LEVELS YOGA --Ken 7:00 BALLROOM DANCE --Ken (FEE)	13 9:00 TRX --Robb (Fee) 10:15 RPM®--Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	14 5:45am CYCLING--Jenn C 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA --Anni 12:00 VO CYCLING--Melinda 5:45 FLOW YOGA--Ken	15 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:45 RPM®--Thea	16 5:45am CYCLING--Danyelle 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA --Keelyn 12:00 CYCLING--Robb 1:30 YOGA 1--Carol	17 8:15 CYCLING--Meghan 9:30 willPower & grace® --Lisa 10:45 POUND--Danyelle
18	19 6:00 am RPM--Bianca 9:00 BODYCOMBAT® --Vicky 10:15 ALL LEVELS YOGA --Carol 12:00 CYCLING--Robb 4:45 RPM®--Rock 5:45 ALL LEVELS YOGA --Ken 7:00 BALLROOM DANCE --Ken (FEE)	20 9:00 TRX --Robb (Fee) 10:15 RPM®--Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	21 5:45am CYCLING--Jenn C 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA --Anni 12:00 VO CYCLING--Melinda 5:45 FLOW YOGA--Ken	22 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:45 VO CYCLING --Melinda	23 5:45am CYCLING--Danyelle 9:00 willPower & grace®--Liz 10:15 ATHLETIC FLOW YOGA --Anni 12:00 CYCLING--Robb 1:30 YOGA 1--Anni	24 8:15 CYCLING--Tabitha 9:30 willPower & grace® --Jennifer K 10:45 POUND--Stephanie
25	26 6:00 am RPM--Bianca 9:00 BODYCOMBAT® --Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING--Robb 4:45 RPM®--Rock 5:45 ALL LEVELS YOGA --Ken 7:00 BALLROOM DANCE --Ken (FEE)	27 9:00 TRX --Robb (Fee) 10:15 RPM®--Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	28 5:45am CYCLING--Jenn C 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA --Anni 12:00 VO CYCLING--Melinda 5:45 FLOW YOGA--Ken	<p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.</i></p> <p>All schedules are available online at flagstaffathleticclub.com.</p> <p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p>		