

GROUP FITNESS, DIAMOND ROOM - WEST

MARCH 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<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>				1	2	3
				10:15 RPM®--Rock 12:00 ZUMBA--Sergio	9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Michael 12:00 CYCLING—Robb 1:30 YOGA 1-Michael	8:15 CYCLING—Tabitha 9:30 willPower & grace®—Jennifer K 10:45 POUND—Stephanie
4	5 6:00am CYCLING--Meghan 9:00 BODYCOMBAT®—Janelle 10:15 ALL LEVELS YOGA--Carol 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	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 10:15 RPM®--Rock 12:00 ZUMBA--Sergio	9 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	10 8:15 CYCLING--Kelly 9:30 willPower & grace®—Jennifer K 10:45 POUND—Danyelle
11	12 6:00am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA--Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	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 10:15 RPM®—Rock 12:00 ZUMBA--Sergio	16 9:00 willPower & grace®--Liz 10:15 ATHLETIC FLOW YOGA—Keelyn 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	17 SPRING BREAK MODIFIED SCHEDULE March 17-25 8:15 ST. PADDY'S DAY RIDE--Melinda 10:45 POUND—Stephanie
18	19 6:00am RPM--Bianca 9:00 BODYCOMBAT®—Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	20 10:15 RPM®—Rock	21 5:45pm FLOW YOGA--Ken	22 10:15 RPM®—Rock 12:00 ZUMBA--Sergio	23 9:00 willPower & grace®—Liz	24 8:15 VO CYCLING--Melinda 10:45 POUND—Danyelle
25	26 6:00am 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	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	29 10:15 RPM®—Rock 12:00 ZUMBA--Sergio	30 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	31 8:15 CYCLING--Jenn C 9:30 willPower & grace®--Jennifer K 10:45 POUND—Stephanie