

GROUP FITNESS, DIAMOND ROOM - WEST

APRIL 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	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>1</p> <p>LES MILLS LAUNCH</p> <p>8:15 RPM®—Rock 9:30 willPower & grace® —Angie A 10:45 POUND—Danyelle</p>
<p>2</p>	<p>3</p> <p>5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken 7:00 BALLROOM & LATIN DANCE--Ken (Fee)</p>	<p>4</p> <p>9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>5</p> <p>5:45am CYCLING—Jenn C 9:00 willPower & grace®—Jennifer K 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 1:30 MINDFULNESS & MEDITATION—Keelyn 5:45 ALL LEVELS YOGA—Ken</p>	<p>6</p> <p>10:15 RPM®—Rock 5:45 YOGA 1—Ken</p>	<p>7</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>8</p> <p>8:15 VO CYCLING—Melinda 9:30 willPower & grace®—Jennifer K 10:45 POUND—Danyelle</p>
<p>9</p>	<p>10</p> <p>5:45am VO CYCLING--Melinda 9:00 BODYCOMBAT®—Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken 7:00 BALLROOM & LATIN DANCE--Ken(Fee)</p>	<p>11</p> <p>9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>12</p> <p>5:45am CYCLING—Jenn C 9:00 willPower & grace®—Jennifer K 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 1:30 MINDFULNESS & MEDITATION—Keelyn 5:45 ALL LEVELS YOGA--Ken</p>	<p>13</p> <p>10:15 RPM®—Rock 4:30 Nia—Stephanie 5:45 YOGA 1—Ken</p>	<p>14</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 4:30 ZUMBA!--Sergio</p>	<p>15</p> <p>8:15 CYCLING—Tera 9:30 willPower & grace®—Jennifer K 10:45 POUND—Danyelle</p>
<p>16</p> <p>Happy Easter! Hours: Noon-8pm</p>	<p>17</p> <p>5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Anni</p>	<p>18</p> <p>9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>19</p> <p>5:45am CYCLING—Jenn C 9:00 willPower & grace®—Jennifer K 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 1:30 MINDFULNESS & MEDITATION—Keelyn 5:45 ALL LEVELS YOGA—Ken</p>	<p>20</p> <p>10:15 RPM®—Rock 4:30 Nia—Stephanie 5:45 YOGA 1—Ken</p>	<p>21</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>22</p> <p>8:15 CYCLING—Kelly 9:30 willPower & grace®—Lori 10:45 POUND—Danyelle</p>
<p>23</p>	<p>24</p> <p>5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken 7:00 BALLROOM & LATIN DANCE--Ken (Fee)</p>	<p>25</p> <p>9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>26</p> <p>5:45am CYCLING—Jenn C 9:00 willPower & grace®—Jennifer K 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Melinda 1:30 MINDFULNESS & MEDITATION—Keelyn 5:45 ALL LEVELS YOGA—Ken</p>	<p>27</p> <p>10:15 RPM®—Rock 5:45 YOGA 1—Ken</p>	<p>28</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>29</p> <p>8:15 VO CYCLING—Melinda 9:30 willPower & grace®—Lisa 10:45 POUND—Danyelle</p>
<p>30</p>	<p>7:00 BALLROOM & LATIN DANCE--Ken (Fee)</p>					