

GROUP FITNESS, DIAMOND ROOM - WEST

April 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
1 EASTER HOURS: Noon-8 pm	2 5:45am 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	3 9:00 TRX —Robb (Fee) 10:15 RPM® Launch--Rock 4:30 BARRE FUSION® 50- --Angie A 5:45 CYCLING--Robb	4 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	5 10:15 RPM® --Ely 12:00 ZUMBA--Sergio	6 9:00 willPower & grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 1:30 YOGA 1--Anni	7 8:15 VO CYCLING—Melinda 9:30 willPower & grace® —Lisa 10:45 POUND—Danyelle
8 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	9 5:45am CYCLING--Meghan 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM® --Ely 5:45 ALL LEVELS YOGA —Ken 7:00 BALLROOM DANCE (Fee)	10 9:00 TRX —Robb (Fee) 10:15 VO CYCLING --Melinda 4:30 BARRE FUSION® 50- --Angie A 5:45 CYCLING--Robb	11 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	12 10:15 RPM® --Ely 12:00 ZUMBA--Sergio	13 9:00 willPower & grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 1:30 YOGA 1--Anni	14 8:15 CYCLING--Tabitha 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
15	16 5:45am 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 7:00 BALLROOM DANCE (Fee)	17 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	18 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	19 10:15 RPM®—Rock 12:00 ZUMBA--Sergio	20 9:00 willPower & grace® --Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 1:30 YOGA 1--Anni	21 8:15 CYCLING--Meghan 9:30 willPower & grace® —Lori 10:45 POUND—Danyelle
22	23 5:45am CYCLING--Jenn C 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 (Fee)	24 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	25 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45pm FLOW YOGA--Ken	26 10:15 RPM®—Rock 12:00 ZUMBA--Sergio	27 9:00 willPower & grace® --Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 1:30 YOGA 1--Anni 7:00 KARAOKE CYCLING --Kelly	28 8:15 CYCLING--Jenn C 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
29	30 5:45am CYCLING--Kelly 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 (Fee)	<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>				