

GROUP FITNESS, DIAMOND ROOM - WEST

MAY 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
		1 9:00 TRX —Robb (Fee) 10:15 RPM®--Rock 4:30 BARRE FUSION® 50- --Angie A 5:45 CYCLING--Robb	2 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	3 10:15 RPM®--Rock	4 9:00 willPower & grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni	5 8:15 CYCLING—Jenn C 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
6	7 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)	8 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50- --Angie A 5:45 CYCLING--Robb	9 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	10 10:15 RPM®--Rock 5-8pm New Group Fitness Instructor Training	11 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni	12 8:15 CYCLING--Melinda 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
13	14 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)	15 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	16 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	17 10:15 RPM®—Rock	18 9:00 willPower & grace® --Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni	19 8:15 CYCLING--Kelly 9:30 willPower & grace® —Lisa 10:45 POUND—Danyelle
20	21 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	22 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	23 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45pm FLOW YOGA--Ken	24 10:15 RPM®—Rock	25 9:00 willPower & grace® --Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Laurie 1:30 YOGA 1--Anni	26 8:15 CYCLING--Meghan 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
27	28 MEMORIAL DAY HOURS: 7am-6pm 9:00 BODYCOMBAT® —Vicky	29 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 50 --Angie A 5:45 CYCLING--Robb	30 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12-2:00 VO CYCLING—Melinda 5:45pm FLOW YOGA--Ken	31 10:15 RPM®—Rock	<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>	