

GROUP FITNESS, DIAMOND ROOM - WEST

JUNE 2018

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	4	5	6	7	8	9
	<p>5:45am CYCLING--Jenn C</p> <p>9:00 BODYCOMBAT®—Vicky</p> <p>10:15 ALL LEVELS YOGA--Anni</p> <p>12:00 CYCLING—Robb</p> <p>4:45 RPM®--Rock</p> <p>5:45 ALL LEVELS YOGA—Ken</p>	<p>9:00 TRX —Robb (Fee)</p> <p>10:15 RPM®—Rock</p> <p>5:45 CYCLING--Robb</p>	<p>5:45am CYCLING—Jenn C</p> <p>9:00 willPower & grace® --Jennifer K</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 VO CYCLING—Melinda</p> <p>5:45 FLOW YOGA--Ken</p>	<p>10:15 RPM®--Rock</p>	<p>9:00 willPower & grace®--Angie A</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 CYCLING—Tabitha</p> <p>1:30 YOGA 1--Anni</p>	<p>9am - 1pm GREAT CYCLE CHALLENGE --East Club gym!</p> <p>9:30 willPower & grace® —Angie A</p>
10	11	12	13	14	15	16
	<p>5:45am CYCLING--Kelly</p> <p>9:00 BODYCOMBAT®—Vicky</p> <p>10:15 ALL LEVELS YOGA--Ken</p> <p>12:00 CYCLING—Robb</p> <p>4:45 RPM®—Rock</p> <p>5:45 ALL LEVELS YOGA—Ken</p>	<p>9:00 TRX —Robb (Fee)</p> <p>10:15 RPM®—Rock</p> <p>5:45 CYCLING--Robb</p>	<p>5:45am CYCLING—Jenn C</p> <p>9:00 willPower & grace® —Jennifer K</p> <p>10:15 ATHLETIC FLOW YOGA —Ken</p> <p>12:00 CYCLING—Robb</p> <p>5:45 FLOW YOGA--Ken</p>	<p>10:15 RPM®--Rock</p>	<p>9:00 willPower & grace®--Liz</p> <p>10:15 ATHLETIC FLOW YOGA —Ken</p> <p>12:00 CYCLING—Tabitha</p> <p>1:30 YOGA 1--Ken</p>	<p>8:15 CYCLING--Kelly</p> <p>9:30 willPower & grace® —Jennifer K</p>
17	18	19	20	21	22	23
	<p>5:45am CYCLING--Stephanie</p> <p>9:00 BODYCOMBAT®—Vicky</p> <p>10:15 ALL LEVELS YOGA--Ken</p> <p>12:00 CYCLING—Robb</p> <p>4:45 RPM®—Rock</p> <p>5:45 ALL LEVELS YOGA—Ken</p>	<p>9:00 TRX —Robb (Fee)</p> <p>10:15 RPM®—Rock</p> <p>5:45 CYCLING--Robb</p>	<p>5:45am CYCLING—Kelly</p> <p>9:00 willPower & grace® —Jennifer K</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 VO CYCLING—Melinda</p> <p>5:45pm FLOW YOGA--Ken</p>	<p>10:15 RPM®--Rock</p>	<p>9:00 willPower & grace®--Liz</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 CYCLING—Tabitha</p> <p>1:30 YOGA 1--Anni</p>	<p>8:15 VO CYCLING--Melinda</p> <p>9:30 willPower & grace® —Liz</p>
24	25	26	27	28	29	30
	<p>5:45am CYCLING--Meghan</p> <p>9:00 BODYCOMBAT®—Vicky</p> <p>10:15 ALL LEVELS YOGA--Anni</p> <p>12:00 CYCLING—Robb</p> <p>4:45 RPM®—Ely</p> <p>5:45 ALL LEVELS YOGA—Ken</p>	<p>9:00 TRX —Robb (Fee)</p> <p>10:15 RPM®—Rock</p> <p>5:45 CYCLING--Robb</p>	<p>5:45am CYCLING—Jenn C</p> <p>9:00 willPower & grace®—Liz</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 VO CYCLING—Melinda</p> <p>5:45pm FLOW YOGA--Ken</p>	<p>10:15 RPM®--Rock</p>	<p>9:00 willPower & grace®--Liz</p> <p>10:15 ATHLETIC FLOW YOGA —Anni</p> <p>12:00 CYCLING--Tabitha</p> <p>1:30 YOGA 1--Anni</p>	<p>8:15-CYCLING--Meghan</p> <p>9:30 willPower & grace® —Liz</p>