

# GROUP FITNESS, DIAMOND ROOM - WEST

JULY 2018

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
1	2 5:45am CYCLING--Greta 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®—Rock 5:45 CYCLING--Robb	4 HAPPY 4th! Club Hours: 7 am - 6 pm	5 10:15 RPM®--Rock	6 9:00 willPower & grace® —Liz 10:15 ATHLETIC FLOW YOGA —Ken 12:00 CYCLING—Tabitha 1:30 YOGA 1-Ken	7 8:15 CYCLING--Jenn C
8	9 CLASSES CANCELLED, JULY 9-15, 2018 CLOSED FOR RENOVATIONS!	10	11	12	13	14
15	16 5:45am CYCLING--Rochelle 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA--Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Anni	17 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 5:45 CYCLING--Melinda	18 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda First Ride for Tour de FrAnCe! 5:45 FLOW YOGA--Anni	19 10:15 RPM®--Rock	20 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni	21 8:15 VO CYCLING--Melinda 9:30 willPower & grace® —Jennifer K
22	23 5:45am CYCLING--Rochelle 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA--Anni 12:00 CYCLING—Melinda 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Anni	24 10:15 RPM®—Rock 5:45 CYCLING--Melinda	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--Anni	26 10:15 RPM®--Rock	27 9:00 willPower & grace®--Lisa 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING--Tabitha 1:30 YOGA 1--Anni	28 RPM® Training 8 am - 6 pm
29 RPM® Training 8 am - 6 pm	30 5:45am CYCLING--Greta 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA--Anni 12:00 CYCLING—Robb 4:45 RPM® LAUNCH—Rock 5:45 ALL LEVELS YOGA—Ken	31 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 5:45 CYCLING--Robb	<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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</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>			