

GROUP FITNESS, DIAMOND ROOM - WEST

AUGUST 2018

Flagstaff Athletic Club

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>			<p>1</p> <p>5:45am CYCLING—Jenn C 9:00 willPower Method® —Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 SWEAT YOGA—Ken</p>	<p>2</p> <p>10:15 RPM®--Rock</p>	<p>3</p> <p>9:00 willPower Method® --Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 LUNCHTIME YOGA--Anni</p>	<p>4</p> <p>8:15 CYCLING--Greta 9:30 willPower Method® —Jennifer K</p>
<p>5</p>	<p>6</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 FLOW & STRETCH YOGA --Anni 12:00 VO CYCLING—Melinda 4:45 RPM®—Rock 5:45 EASY SWEAT YOGA—Ken</p>	<p>7</p> <p>10:15 RPM®—Rock 5:45 CYCLING--Tabitha</p>	<p>8</p> <p>5:45am CYCLING—Meghan 9:00 willPower Method® —Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 SWEAT YOGA--Ken</p>	<p>9</p> <p>10:15 RPM®--Rock</p>	<p>10</p> <p>9:00 willPower Method® --Liz 10:15 POWER FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 LUNCHTIME YOGA--Anni</p>	<p>11</p> <p>8:15 CYCLING--Greta 9:30 willPower Method® —Jennifer K</p>
<p>12</p>	<p>13</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 FLOW & STRETCH YOGA --Anni 12:00 VO CYCLING—Melinda 4:45 RPM®—Rock 5:45 EASY SWEAT YOGA—Ken</p>	<p>14</p> <p>10:15 RPM®—Rock 5:45 CYCLING--Tabitha</p>	<p>15</p> <p>5:45am CYCLING—Greta 9:00 willPower Method® —Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 SWEAT YOGA--Ken</p>	<p>16</p> <p>10:15 RPM®--Rock</p>	<p>17</p> <p>9:00 willPower Method® --Liz 10:15 POWER FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 LUNCHTIME YOGA--Anni</p>	<p>18</p> <p>8:15 CYCLING--Meghan 9:30 willPower Method® —Lisa</p>
<p>19</p>	<p>20</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 FLOW & STRETCH YOGA --Anni 12:00 VO CYCLING—Melinda 4:45 RPM®—Rock 5:45 EASY SWEAT YOGA—Ken</p>	<p>21</p> <p>10:15 RPM®—Rock 5:45 CYCLING--Tabitha</p>	<p>22</p> <p>5:45am CYCLING—Jenn C 9:00 willPower Method® —Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45pm SWEAT YOGA--Ken</p>	<p>23</p> <p>10:15 RPM®--Rock</p>	<p>24</p> <p>9:00 willPower Method® --Liz 10:15 POWER FLOW YOGA —Anni 12:00 CYCLING--Tabitha 1:30 LUNCHTIME YOGA--Anni</p>	<p>25</p> <p>8:15-10:15 TOUR de FrAnCe FINAL RIDE & Celebration! --Melinda</p>
<p>26</p>	<p>27</p> <p>5:45am CYCLING--Jenn C 9:00 BODYCOMBAT®—Vicky 10:15 FLOW & STRETCH YOGA --Anni 12:00 VO CYCLING—Melinda 4:45 RPM® LAUNCH—Rock 5:45 EASY SWEAT YOGA—Ken</p>	<p>28</p> <p>10:15 RPM®—Rock 5:45 CYCLING--Tabitha</p>	<p>29</p> <p>5:45am CYCLING—Jenn C 9:00 willPower Method® —Jennifer K 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45pm SWEAT YOGA--Ken</p>	<p>30</p> <p>10:15 RPM®--Rock</p>	<p>31</p> <p>9:00 willPower Method® --Liz 10:15 POWER FLOW YOGA —Anni 12:00 CYCLING--Tabitha 1:30 LUNCHTIME YOGA--Anni</p>	