

# GROUP FITNESS, DIAMOND ROOM - WEST

NOVEMBER 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	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 <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>			<p><b>1</b></p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken</p>	<p><b>2</b></p> <p>5:30am RISE &amp; SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie</p>	<p><b>3</b></p> <p>5:45am CYCLING--Danyelle 9:00 willPower &amp; grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni</p>	<p><b>4</b></p> <p>8:15 CYCLING—Danyelle 9:30 willPower &amp; grace® —Angie A 10:45 POUND—Stephanie</p>
<p><b>5</b></p>	<p><b>6</b></p> <p>5:45am VO CYCLING --Melinda 9:00 BODYCOMBAT® —Janelle 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken</p>	<p><b>7</b></p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb</p>	<p><b>8</b></p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Melinda 5:45 FLOW YOGA--Ken</p>	<p><b>9</b></p> <p>5:30am RISE &amp; SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie</p>	<p><b>10</b></p> <p>5:45am CYCLING--Danyelle 9:00 willPower &amp; grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni</p>	<p><b>11</b></p> <p>8:15 CYCLING—Jenn C 9:30 willPower &amp; grace® —Angie A 10:45 POUND—Stephanie</p>
<p><b>12</b></p>	<p><b>13</b></p> <p>5:45am VO CYCLING --Melinda 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken</p>	<p><b>14</b></p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb</p>	<p><b>15</b></p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Robb 5:45 FLOW YOGA--Ken</p>	<p><b>16</b></p> <p>5:30am RISE &amp; SHINE YOGA--Maggie 10:15 RPM®—Rock 12:00 ZUMBA--Sergio</p>	<p><b>17</b></p> <p>5:45am CYCLING—Danyelle 9:00 willPower &amp; grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 1:30 YOGA 1--Anni</p>	<p><b>18</b></p> <p>8:15 CYCLING—Kelly 9:30 willPower &amp; grace® —Lori 10:45 POUND—Danyelle</p>
<p><b>19</b></p>	<p><b>20</b></p> <p>5:45am VO CYCLING --Melinda 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Carol 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Danielle</p>	<p><b>21</b></p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 PILATES--Heather 5:45 CYCLING--Robb</p>	<p><b>22</b></p> <p>Club Hours: 5 am-6 pm 12:00 VO CYCLING TURKEY BURN!!—Melinda</p>	<p><b>23</b></p> <p>HAPPY THANKSGIVING CLUBS CLOSED</p>	<p><b>24</b></p> <p>Club Hours: 7 am- 6 pm 9:00 willPower &amp; grace® —Liz</p>	<p><b>25</b></p> <p>8:15 CYCLING—Melinda 9:30 willPower &amp; grace® --Lori 10:45 POUND—Danyelle</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>5:45am VO CYCLING --Melinda 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Danielle</p>	<p><b>28</b></p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb</p>	<p><b>29</b></p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Anni</p>	<p><b>30</b></p> <p>5:30am RISE &amp; SHINE YOGA--Maggie 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie</p>		