

GROUP FITNESS, DIAMOND ROOM - WEST

FEBRUARY 2020

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

If attending first indoor cycling class, please arrive 15 minutes prior to class timelisted.

All schedules are available online at flagstaffathleticclub.com.

All group fitness classes are free to members unless (fee) is written on the schedule.

Please call 779-5141 to register and pay for fee class.

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
						<p>1</p> <p>8:15 CYCLING--Kelly 9:30 CARDIO YOGA --Jennifer K</p>
2	<p>3</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM™—Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE --Ken (fee)</p>	<p>4</p> <p>10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™--Sean</p>	<p>5</p> <p>5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING--Melinda 5:45-7 SWEAT YOGA/ MEDITATION--Ken</p>	<p>6</p> <p>10:15 RPM™--Rock 5:45 RPM™60 --Sean/Angie R</p>	<p>7</p> <p>9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina</p>	<p>8</p> <p>HAPPY ANNIVERSARY! FREE GUEST DAY!</p> <p>8:15 CYCLING--Greta 9:30 CARDIO YOGA --Rochelle</p>
9	<p>10</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM™—Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE --Ken (fee)</p>	<p>11</p> <p>10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™ --Angie R/Sean</p>	<p>12</p> <p>5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING--Melinda 5:45-7 SWEAT YOGA/ MEDITATION--Ken</p>	<p>13</p> <p>10:15 RPM™--Rock 5:45 RPM™60 --Sean/Angie R</p>	<p>14</p> <p>9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE LOVE--Kristina</p>	<p>15</p> <p>8:15 CYCLING--Tabitha 9:30 CARDIO YOGA --Angie A</p>
16	<p>17</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM™—Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE --Ken (fee)</p>	<p>18</p> <p>10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™--Angie R/Sean</p>	<p>19</p> <p>5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 VO CYCLING--Melinda 5:45-7 SWEAT YOGA/ MEDITATION--Ken</p>	<p>20</p> <p>10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R</p>	<p>21</p> <p>9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina</p>	<p>22</p> <p>8:15 CYCLING--Jennifer K 9:30 CARDIO YOGA --Jennifer K</p>
23	<p>24</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM™—Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE --Ken (fee)</p>	<p>25</p> <p>10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™ --Angie R/Sean</p>	<p>26</p> <p>5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12 - 2 VO CYCLING--Melinda 5:45-7 SWEAT YOGA/ MEDITATION--Ken</p>	<p>27</p> <p>10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R</p>	<p>28</p> <p>9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina</p>	<p>29</p> <p>8:15 RPM™60--Sean 9:30 CARDIO YOGA-- --Jennifer K</p>