

GROUP FITNESS, DIAMOND ROOM - WEST

March 2019

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-esday

Thursday

Friday

Saturday

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

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-esday	Thursday	Friday	Saturday
					1	2
					5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™--Ely	8:15 VO RIDE--Melinda 9:30 willPower Method® --Jennifer K
3	4 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING--Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA--Ken	5 9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 12:00 HIIT 40--Kristin 5:45 RPM™--Sean	6 5:45am PACE PEDALER--Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12:00 HRT CYCLING--Robb 5:45 SWEAT YOGA--Ken	7 10:15 RPM™--Rock 12:00 PIYO--Angie A 5:45 RPM™60--Sean	8 5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™--Ely	9 8:15 CYCLING--Kelly 9:30 willPower Method® ---Rochelle
10	11 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING--Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA--Anni	12 9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 12:00 HIIT 40--Kristin 5:45 RPM™--Sean	13 5:45am PACE PEDALER--Jenn C 9:00 willPower Method®---Jenn K 10:15 POWER FLOW YOGA ---Anni 12:00 VIRTUAL OUTDOOR RIDE ---Melinda 5:45 SWEAT YOGA--Ken	14 10:15 RPM™--Ely 12:00 PIYO--Angie A 5:45 RPM™60--Sean	15 5:45am CYCLING--Scott 9:00 willPower Method®---Angie A 10:15 POWER FLOW YOGA ---Ken 11:30 LUNCHTIME YOGA--Ken 1:00 RPM™--Ely	16 8:15 CYCLING--Tabitha
17	18 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Ken 12:00 HRT CYCLING--Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA--Ken	19 9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 12:00 HIIT 40--Kristin 5:45 RPM™--Sean	20 10:15 POWER FLOW YOGA ---Ken 12:00 HRT CYCLING--Robb	21 10:15 RPM™--Rock 5:45 RPM™60--Sean	22 10:15 RPM™60--Sean	23 8:15 RPM™60--Sean
24	25 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Ken 12:00 HRT CYCLING--Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA--Ken	26 9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 12:00 HIIT 40--Kristin 5:45 CYCLING 45--Laurie	27 5:45am PACE PEDALER--Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Ken 12-2:00 VO2 RIDE ---Melinda 5:45 SWEAT YOGA--Ken	28 10:15 RPM™--Rock 12:00 PIYO--Angie A 5:45 CYCLING 60--Laurie	29 5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Ken 11:30 LUNCHTIME YOGA--Ken 1:00 RPM™--Ely 6:45-8:00 BURLESQUE/HEELS --Agnes (FEE)	30 8:15 CYCLING--Jenn C 9:30 willPower Method® ---Jennifer K
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