

GROUP FITNESS, DIAMOND ROOM - WEST

MARCH 2020

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:45am CYCLING--Scott 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	3 10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™--Sean	4 5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 RPM™60--Sean 5:45-7 SWEAT YOGA/WORLD PEACE MEDITATION--Ken	5 10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	6 5:45am CYCLING—Stephanie 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina	7 8:15 CYCLING--Scott 9:30 CARDIO YOGA --Jennifer K
8	9 5:45am CYCLING--Scott 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	10 10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™--Angie R/Sean	11 5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Lucy 12:00 VO CYCLING--Melinda 5:45-7 SWEAT YOGA/WORLD PEACE MEDITATION--Ken	12 10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	13 5:45am CYCLING—Stephanie 9:00 EASY YOGA--Lucy 10:15 POWER FLOW YOGA —Lucy 12:00 BARRE EXPRESS 45 --Kristina	14 8:15 CYCLING--Tabitha 9:30 CARDIO YOGA --Angie A
15	16 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Lucy 12:00 HRT CYCLING—Robb 5:45 EASY SWEAT YOGA-Lucy	17 10:15 RPM™—Rock 12:00 PILATES--Angela	18 5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Lucy 12-2 VO CYCLING--Melinda	19 10:15 RPM™--Rock 5:45 VO CYCLING--Melinda	20 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina	21 8:15 CYCLING-Greta 9:30 CARDIO YOGA --Liz
22	23 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	24 10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™--Angie R/Sean	25 5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 RPM™60--Sean 5:45-7 SWEAT YOGA/WORLD PEACE MEDITATION--Ken	26 10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	27 5:45am CYCLING—Stephanie 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni 12:00 BARRE EXPRESS 45 --Kristina	28 8:15 CYCLING--Stephanie 9:30 CARDIO YOGA --Jennifer K
29	30 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)	31 10:15 RPM™—Rock 12:00 PILATES--Angela 5:45 RPM™ --Angie R/Sean	<p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class timelisted.</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>			