

GROUP FITNESS, DIAMOND ROOM - WEST

APRIL 2019

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>1</p> <p>5:45am RPM^(TM)60--Sean 9:00 BODYCOMBAT®—Vicky 10:15 STRETCH & FLOW YOGA --Ken 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>2</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 12:00 HIIT 40--Kristin 5:45 RPM^(TM)—Sean</p>	<p>3</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>4</p> <p>10:15 RPM^(TM)—Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean</p>	<p>5</p> <p>5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM^(TM)--Ely</p>	<p>6</p> <p>8:15 CYCLING--Tabitha 9:30 willPower Method® --Liz</p>	
<p>7</p>	<p>8</p> <p>5:45am RPM^(TM)60--Sean 9:00 BODYCOMBAT®—Kathy/Katie 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>9</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 12:00 GRIT^(TM)(C)--Rachel 5:45 RPM^(TM)—Sean</p>	<p>10</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>11</p> <p>10:15 RPM^(TM)—Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)—Sean</p>	<p>12</p> <p>5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM^(TM)--Ely</p>	<p>13</p> <p>8:15 RPM^(TM)—Sean 9:30 willPower Method®--Lisa</p>	
<p>14</p>	<p>15</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>16</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 12:00 HIIT 40--Kristin 5:45 RPM^(TM)—Sean</p>	<p>17</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12-2 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>18</p> <p>10:15 RPM^(TM)—Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)—Sean</p>	<p>19</p> <p>5:45am CYCLING--Scott 9:00 willPower Method®---Jennifer K 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM^(TM)--Ely</p>	<p>20</p> <p>8:15 VO CYCLING--Melinda 9:30 willPower Method® ---Rochelle</p>	
<p>21</p> <p>HAPPY EASTER! Hours Noon-8 pm</p>	<p>22</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>23</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 12:00 HIIT 40--Kristin 5:45 RPM^(TM)—Sean</p>	<p>24</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12:00 HRT CYCLING—Robb 5:45 SWEAT YOGA--Ken</p>	<p>25</p> <p>10:15 RPM^(TM)—Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean</p>	<p>26</p> <p>5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM^(TM)--Ely 6:45-8:00 pm BURLESQUE/Heels --Agnes (FEE)</p>	<p>27</p> <p>8:15 CYCLING--Jenn C 9:30 willPower Method® ---Jennifer K</p>	
<p>28</p>	<p>29</p> <p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>30</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 12:00 HIIT 40--Kristin 5:45 5:45 RPM^(TM)—Sean</p>	<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>				