

GROUP FITNESS, DIAMOND ROOM - WEST

MAY 2019

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 flagstaffathleticclub.com.</p> <p>All group fitness classes are free to members unless (fee) is written on the schedule.</p>			<p>1</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>2</p> <p>10:15 RPM^(TM)--Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean/Angie R</p>	<p>3</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>4</p> <p>8:15 RPM^(TM)60--Angie R/Sean "May the Fourth be with YOU!" 9:30 willPower Method[®]---Liz</p>
<p>5</p> <p>2:00 RPM^(TM)--Angie R/Sean</p>	<p>6</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>7</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 5:45 RPM^(TM)--Sean</p>	<p>8</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>9</p> <p>10:15 RPM^(TM)--Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean/Angie R</p>	<p>10</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>11</p> <p>8:15 CYCLING-- Greta 9:30 willPower Method[®]--Jennifer K</p>
<p>12</p> <p>2:00 RPM^(TM)--Angie R</p>	<p>13</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>14</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 5:45 RPM^(TM)--Angie R/Sean</p>	<p>15</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12 HRT CYCLING--Robb 5:45 SWEAT YOGA--Ken</p>	<p>16</p> <p>10:15 RPM^(TM)--Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60 --Sean/Angie R</p>	<p>17</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>18</p> <p>8:15-9:45 RPM^(TM)/CYCLING FUSION--Sean/Jenn C</p>
<p>19</p> <p>2:00 RPM^(TM)--Sean</p>	<p>20</p> <p>5:45 RPM^(TM)--Sean 9:00 BODYCOMBAT[®]—Kathy 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>21</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 5:45 RPM^(TM)--Angie R/Sean</p>	<p>22</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>23</p> <p>10:15 RPM^(TM)--Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean/Angie R</p>	<p>24</p> <p>5:45am CYCLING--Kelly 9:00 willPower Method[®]---Liz 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM^(TM)--Ely</p>	<p>25</p> <p>8:15 CYCLING--Tabitha 9:30 willPower Method[®] --Angie A</p>
<p>26</p> <p>2:00 RPM^(TM)--Angie R</p>	<p>27</p> <p>HAPPY MEMORIAL DAY! Club Hours: 7 am - 8 pm</p> <p>9:00 BODYCOMBAT[®]—Vicky 4:45 RPM^(TM)—Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>28</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM^(TM)—Rock 5:45 5:45 RPM^(TM)--Angie R/Sean</p>	<p>29</p> <p>5:45am CYCLING—Jenn C 10:15 POWER FLOW YOGA —Anni 12-2:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>30</p> <p>10:15 RPM^(TM)--Rock 12:00 PIYO--Angie A 5:45 RPM^(TM)60--Sean/Angie R</p>	<p>31</p> <p>5:45am CYCLING--Scott 9:00 willPower Method[®]---Liz 10:15 POWER FLOW YOGA —Ken 11:30 LUNCHTIME YOGA--Ken 1:00 RPM^(TM)--Ely</p>	