

GROUP FITNESS, DIAMOND ROOM - WEST

JUNE 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>Please call 779-5141 to register and pay for fee class.</p>						<p>1</p> <p>8:15 CYCLING--Tabitha 9:30 willPower Method® —Jennifer K</p>
<p>2</p> <p>2:00 RPM™--Sean</p>	<p>3</p> <p>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</p>	<p>4</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM™—Rock 5:45 RPM™--Angie R/Sean</p>	<p>5</p> <p>5:45am CYCLING—Jenn C 9:00 POUND--Rock 10:15 POWER FLOW YOGA —Anni 12:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>6</p> <p>9:30 BODYCOMBAT FORM & TECHNIQUE for UPPER BODY--Kathy/Katie 10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R</p>	<p>7</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™--Ely</p>	<p>8</p> <p>8:15 CYCLING-- Jenn C 9:30 willPower Method® —Jennifer K</p>
<p>9</p> <p>2:00 CYCLING--Meghan</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM™—Rock 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 VIRTUAL OUTDOOR RIDE --Melinda 5:45 SWEAT YOGA--Ken</p>	<p>13</p> <p>10:15 RPM™--Rock 5:45 RPM™60 --Sean/Angie R</p>	<p>14</p> <p>5:45am CYCLING--Scott 9:00 willPower Method®---Lisa 10:15 POWER FLOW YOGA —Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™--Ely</p>	<p>15</p> <p>8:15 VO CYCLING--Melinda 9:30 willPower Method® —Lisa</p>
<p>16</p> <p>2:00 RPM™--Angie R</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM™—Rock 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 —Ken 12:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>20</p> <p>9:30 BODYCOMBAT FORM & TECHNIQUE for LOWER BODY--Kathy/Katie 10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R</p>	<p>21</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™--Ely</p>	<p>22</p> <p>8:15 RPM™60--Angie R/Sean 9:30 willPower Method® —Angie A</p>
<p>23</p> <p>2:00 RPM™--Angie R 5:15 BURLESQUE/HEELS --Agnes (Fee)</p>	<p>24</p> <p>5:45am RPM™--Sean/Angie R 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</p>	<p>25</p> <p>9:00 TRX--Robb (Fee) 10:15 RPM™—Rock 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 12-2:00 VIRTUAL OUTDOOR RIDE —Melinda 5:45 SWEAT YOGA--Ken</p>	<p>27</p> <p>10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R</p>	<p>28</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™--Ely</p>	<p>29</p> <p>8:15 CYCLING--Greta 9:30 willPower Method® —Liz 12:30 SPECIAL ATHLETES RPM™ LED DANCE PARTY! --Angie R/Sean</p>
<p>30</p> <p>2:00 RPM™--Angie R</p>						