

GROUP FITNESS, DIAMOND ROOM - WEST

SEPTEMBER 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
1	2 LABOR DAY HOURS: 7 am - 8 pm 4:45 RPM ^(TM) —Sean 5:45 EASY SWEAT YOGA--Ken	3 9:00 TRX--Robb (Fee) 10:15 RPM ^(TM) —Rock 5:45 RPM ^(TM) 60 --Angie R/Sean	4 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	5 10:15 RPM ^(TM) --Rock 5:45 RPM ^(TM) --Angie R	6 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni	7 8:15 CYCLING--Tabitha 9:30 willPower Method® —Jennifer K
8	9 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Kathy 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM ^(TM) —Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE (FEE)	10 9:00 TRX--Robb (Fee) 10:15 RPM ^(TM) —Rock 5:45 RPM ^(TM) 60 --Angie R/Sean	11 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	12 10:15 RPM ^(TM) --Rock 5:45 RPM ^(TM) --Angie R	13 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni	14 8:15 CYCLING--Greta 9:30 willPower Method® —Angie A
15	16 5:45am CYCLING--Scott 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM ^(TM) —Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE (FEE)	17 9:00 TRX--Robb (Fee) 10:15 RPM ^(TM) —Rock 5:45 RPM ^(TM) 60 --Angie R/Sean	18 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	19 10:15 RPM ^(TM) --Rock 5:45 RPM ^(TM) --Angie R	20 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni	21 8:15 VO CYCLING--Melinda 9:30 willPower Method® —Jennifer K
22 5:30 - 6:45 BURLESQUE/ HEELS (FEE)	23 5:45am RPM ^(TM) 60--Angie R 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING--Robb 4:45 RPM ^(TM) —Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE (FEE)	24 9:00 TRX--Robb (Fee) 10:15 RPM ^(TM) —Rock 5:45 RPM ^(TM) 60 --Angie R/Sean	25 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	26 10:15 RPM ^(TM) --Rock 5:45 RPM ^(TM) --Angie R	27 9:00 EASY YOGA--Anni 10:15 POWER FLOW YOGA —Anni	28 8:15 RPM ^(TM) 60 --Angie R/Sean 9:30 willPower Method® —Angie A
29	30 5:45am CYCLING--Meghan 9:00 BODYCOMBAT®—Vicky 10:15 POWER FLOW YOGA --Anni 12:00 HRT CYCLING—Robb 4:45 RPM ^(TM) —Sean 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOM DANCE (FEE)	<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>				