

GROUP FITNESS, DIAMOND ROOM - WEST

NOVEMBER 2018

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>				1	2	3
				<p>5:45 RISE & GRIND RIDE --Heather M 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)60--Sean</p>	<p>5:45am SUPAFLY RIDE--Jennifer K 10:15 POWER FLOW YOGA --Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM^(TM)--Ely</p>	<p>8:15 CYCLING--Kelly 9:30 willPower Method® --Jennifer K</p>
4	5	6	7	8	9	10
	<p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 FUNDAMENTAL RIDE--Robb 4:45 RPM^(TM)--Rock 5:45 EASY SWEAT YOGA--Ken 7:00 BALLROOMDANCE (Fee)</p>	<p>5:45 RISE & GRIND RIDE --Heather M 7:00 YIN YANG YOGA--Ann 9:00 TRX--Robb (Fee) 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)--Angie R</p>	<p>5:45am PACE PEDALER--Jenn C 9:00 willPower Method® --Jennifer K 10:15 POWER FLOW YOGA --Anni 12:00 VIRTUAL OUTDOOR RIDE --Melinda 5:45 SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)60--Sean</p>	<p>5:45 RISE & GRIND RIDE --Heather M 10:15 POWER FLOW YOGA --Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM^(TM)--Ely</p>	<p>8:15 CYCLING--Greta 9:30 willPower Method® --Angie A</p>
11	12	13	14	15	16	17
	<p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 FUNDAMENTAL RIDE--Robb 4:45 RPM^(TM)--Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 7:00 YIN YANG YOGA--Ann 9:00 TRX--Robb (Fee) 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)--Angie R</p>	<p>5:45am PACE PEDALER--Jenn C 9:00 willPower Method® --Jennifer K 10:15 POWER FLOW YOGA --Anni 12:00 VIRTUAL OUTDOOR RIDE --Melinda 5:45 SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)60--Sean</p>	<p>5:45am SUPAFLY RIDE--Jennifer K 10:15 POWER FLOW YOGA --Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM^(TM)--Ely</p>	<p>8:15 VO CYCLING--Melinda 9:30 willPower Method® --Stephanie</p>
18	19	20	21	22	23	24
	<p>5:45am CYCLING--Meghan 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT RIDE--Robb 4:45 RPM^(TM)--Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 7:00 YIN YANG YOGA--Ann 9:00 TRX--Robb (Fee) 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)--Angie R</p>	<p>CLUB HOURS: 5 am - 6 pm 5:45am PACE PEDALER--Jenn C 9:00 willPower Method® --Jennifer K 10:15 POWER FLOW YOGA --Anni 12-2 PRE-TURKEY BURN VO RIDE --Melinda</p>	<p>HAPPY THANKSGIVING! CLUBS CLOSED</p>	<p>12:30 RPM^(TM)--Ely</p>	<p>8:15 PACE PEDALER--Jenn C. 9:30 willPower Method® --Jennifer K</p>
25	26	27	28	29	30	
	<p>5:45am CYCLING--Greta 9:00 BODYCOMBAT®--Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT RIDE--Robb 4:45 RPM^(TM)--Rock 5:45 EASY SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 7:00 YIN YANG YOGA--Ann 9:00 TRX--Robb (Fee) 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)--Angie R</p>	<p>5:45am PACE PEDALER--Jenn C 9:00 willPower Method® --Jennifer K 10:15 POWER FLOW YOGA --Anni 12:00 VIRTUAL OUTDOOR RIDE --Melinda 5:45pm SWEAT YOGA--Ken</p>	<p>5:45 RISE & GRIND RIDE --Heather M 10:15 RPM^(TM)--Rock 5:45 RPM^(TM)60 --Angie R/Marney</p>	<p>5:45am SUPAFLY RIDE--Jennifer K 10:15 POWER FLOW YOGA --Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM^(TM)--Ely /</p>	