

GROUP FITNESS, MAIN ROOM - WEST

MARCH 2020

Flagstaff Athletic Club

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|---|---|---|---|--|--|
| 1 3:00 SUNDAY YOGA—Lucy 6:50 SUNSET YOGA --Ken | 2 5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Janelle | 3 5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION® & SOLE TRAINING -Angie A 5:45 BODYPUMP®—Brittany | 4 5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH —Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky/Janelle 7:00 BARRE ABOVE--Kristina | 5 5:45am ZUMBA--Sergio 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Lucy 4:30 BARRE 100's-Angie A | 6 5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio | 7 8:15 BODYCOMBAT®—Vicky/Janelle 9:30 BODYPUMP®--Janelle/Sean 10:45 BODYPUMP®--Vicky/D/Rachel | |
| 8 3:00 SUNDAY YOGA—Lucy 6:50 SUNSET YOGA --Ken | 9 5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Janelle | 10 5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION® - -Angie A 5:45 BODYPUMP®—Brittany | 11 5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH —Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky/Janelle 7:00 BARRE ABOVE--Kristina | 12 5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE-Angie A | 13 5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio | 14 8:15 BODYCOMBAT®—Vicky/Janelle 9:30 BODYPUMP®--Bianca 10:45 BODYPUMP®--Vicky/D/Rachel | |
| 15 3:00 SUNDAY YOGA--Lucy 6:50 SUNSET YOGA --Ken | 16 5:45am BODYPUMP®—Kelly 9:00 SCULPT 360—Kelly 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Lucy 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Vicky | 17 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany | 18 5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH —Laurie 4:30 ZUMBA!—Tatum 5:45 BODYCOMBAT®—Vicky 7:00 BARRE ABOVE--Kristina | 19 5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE --Angie A | 20 5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®--Kathy 12:00 STEP & STRENGTH--Laurie 4:30 ZUMBA!--Sergio | 21 8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®—Vicky 10:45 BODYPUMP®--Kerry/D | |
| 22 3:00 SUNDAY YOGA—Lucy 6:50 SUNSET YOGA --Ken | 23 5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Janelle | 24 5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany | 25 5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH —Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky/Janelle 7:00 BARRE ABOVE--Kristina | 26 5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE --Angie A | 27 5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio | 28 8:15 BODYCOMBAT®—Vicky/Janelle 9:30 BODYPUMP®—Janelle/Sean 10:45 BODYPUMP®--Vicky/D/Rachel 12:30 SPECIALATHLETES: STEP--Laurie | |
| 29 3:00 SUNDAY YOGA—Lucy 6:50 SUNSET YOGA --Ken | 30 5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Janelle | 31 5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany | All group fitness classes are free to members unless (fee) is written on the schedule. Please call 779-5141 to register and pay for fee classes. Group Fitness schedule also available online at flagstaffathleticclub.com . | | | | |