

# GROUP FITNESS, DIAMOND ROOM - WEST

**AUGUST 2008**

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed</i></p> <p>Cycling schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></p>				<p><b>Indoor Cycling -- Bring your outdoor cycling training indoors! This class is geared to both beginner &amp; elite participants. Experience athletic, adrenaline pumping, cycling drills, all done to motivational music in a group setting.</b></p>		<p><b>1</b></p> <p>5:45am CYCLING—Jenn C 10:15 FLOW YOGA—Rita 12:00 CYCLING—Laurie</p>	<p><b>2</b></p> <p>8:15 CYCLING—Corinna 10:30 FLOW YOGA—Ken 12:30 GENTLE FLOW—Ken</p>
<p><b>3</b></p> <p>3:00 GENTLE FLOW YOGA—Ken 4:00 FLOW YOGA—Ken</p>	<p><b>4</b></p> <p>5:45am CYCLING—Robin 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robb 5:30 GENTLE FLOW YOGA—Ken</p>	<p><b>5</b></p> <p>9:00 CYCLING—Rachel 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>6</b></p> <p>5:45am CYCLING—Deb 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robin 5:30 FLOW YOGA—Ken</p>	<p><b>7</b></p> <p>9:00 CYCLING—Kaye 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>8</b></p> <p>5:45am CYCLING—Sue 10:15 FLOW YOGA—Rita 12:00 CYCLING—Laurie</p>	<p><b>9</b></p> <p>8:15 CYCLING—Tabitha 10:30 FLOW YOGA—Ken 12:30 GENTLE FLOW—Ken</p>	
<p><b>10</b></p> <p>3:00 GENTLE FLOW YOGA—Ken 4:00 FLOW YOGA—Ken</p>	<p><b>11</b></p> <p>5:45am CYCLING—Robin 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robb 5:30 GENTLE FLOW YOGA—Ken</p>	<p><b>12</b></p> <p>9:00 CYCLING—Rachel 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>13</b></p> <p>5:45am CYCLING—Deb 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robin 5:30 FLOW YOGA—Ken</p>	<p><b>14</b></p> <p>9:00 CYCLING—Kaye 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>15</b></p> <p>5:45am CYCLING—Corinna 10:15 FLOW YOGA—Rita 12:00 CYCLING—Corey</p>	<p><b>16</b></p> <p>8:15 CYCLING—Robin 10:30 FLOW YOGA—Ken 12:30 GENTLE FLOW—Ken</p>	
<p><b>17</b></p> <p>3:00 GENTLE FLOW YOGA—Ken 4:00 FLOW YOGA—Ken</p>	<p><b>18</b></p> <p>5:45am CYCLING—Robin 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robb 5:30 GENTLE FLOW YOGA—Ken</p>	<p><b>19</b></p> <p>9:00 CYCLING—Rachel 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>20</b></p> <p>5:45am CYCLING—Deb 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robin 5:30 FLOW YOGA—Ken</p>	<p><b>21</b></p> <p>9:00 CYCLING—Kaye 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>22</b></p> <p>5:45am CYCLING—Sue 10:15 FLOW YOGA—Rita 12:00 CYCLING—Laurie</p>	<p><b>23</b></p> <p>8:15 CYCLING—Sue 10:30 FLOW YOGA—Ken 12:30 GENTLE FLOW—Ken</p>	
<p><b>24</b></p> <p>3:00 GENTLE FLOW YOGA—Ken 4:00 FLOW YOGA—Ken</p> <p><b>31</b></p> <p>3:00 GENTLE FLOW YOGA—Ken 4:00 FLOW YOGA—Ken</p>	<p><b>25</b></p> <p>5:45am CYCLING—Robin 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robb 5:30 GENTLE FLOW YOGA—Ken</p>	<p><b>26</b></p> <p>9:00 CYCLING—Rachel 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>27</b></p> <p>5:45am CYCLING—Deb 7:00 MORNING YOGA—Joni 10:15 FLOW YOGA—Ken 12:00 CYCLING—Robin 5:30 FLOW YOGA—Ken</p>	<p><b>28</b></p> <p>9:00 CYCLING—Kaye 1:15 GENTLE FLOW YOGA—Ken</p>	<p><b>29</b></p> <p>5:45am CYCLING—Jenn C 10:15 FLOW YOGA—Rita 12:00 CYCLING—Corey</p>	<p><b>30</b></p> <p>8:15 CYCLING—Meghan 10:30 FLOW YOGA—Ken 12:30 GENTLE FLOW—Ken</p>	