

GROUP FITNESS, CYCLING ROOM - EAST

JANUARY 2018 Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR! CLUB HOURS: 7am-6pm	2 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	3 5:45 pm CYCLING --Danyelle	4 5:15am CYCLING-Danyelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5 9:00 TRX—Robb (Fee)	6
7 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	8 5:45 pm CYCLING --Danyelle	9 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	10 5:45 pm CYCLING --Danyelle	11 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	12 9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR + PILATES--Rochelle	13
14 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	15 5:45 pm CYCLING --Danyelle	16 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	17 5:45 pm CYCLING --Danyelle	18 5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	19 9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR + PILATES--Rochelle	20 LES MILLS AIM 1 BODYPUMP Training 8 am-6pm
21 LES MILLS AIM 1 BODYCOMBAT Training 8 am-6pm (GO WEST FOR 3:00 BARRE & 4:00willPower and grace)	22 5:45 pm CYCLING --Danyelle	23 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	24 5:45 pm CYCLING --Danyelle	25 5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	26 9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR +PILATES--Rochelle	27
28 3:00 BARRE ABOVEAngie A 4:00 willPower & grace® --Angie A	29 5:45 pm CYCLING --Danyelle	30 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	31 5:45 pm CYCLING --Danyelle	<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><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>		