

GROUP FITNESS, CYCLING ROOM - EAST

APRIL 2017

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-esday

Thursday

Friday

Saturday

1

If attending first indoor cycling class, please arrive 15 minutes prior to class time listed

All schedules are available online at flagstaffathleticclub.com

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3:00 Barre-Fusion®—Angie A
4:00 willPower & grace®
LIVE DRUM BEATS with
David Ramos & Angie A
5:00 SOLE TRAINING & Spicy
Chocolate!—Angie A

3

11:45 YOGA 1—Ken
5:45 CYCLING—Stephen

4

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
1:15 Barre-Fusion®—Angie A
4:30 willPower & grace®--Lisa
5:45 GYMNASTICBODIES
(Fee)

5

11:45 YOGA 1—Ken
5:45 CYCLING—Danyelle

6

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
5:45 GYMNASTICBODIES
(Fee)

7

9:00 TRX—Robb (Fee)

8

9

3:00 Barre-Fusion®—Angie A
4:00 willPower & grace®
—Angie A

10

11:45 YOGA 1—Ken
5:45 CYCLING—Stephen

11

12:00 CYCLING—Laurie
1:15 Barre-Fusion®—Angie A
4:30 willPower & grace®
--Angie A
5:45 GYMNASTICBODIES
(Fee)

12

11:45 YOGA 1—Ken
5:45 CYCLING—Danyelle

13

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
5:45 GYMNASTICBODIES
(Fee)

14

9:00 TRX—Robb (Fee)

15

16

Happy Easter! Hours Noon-8pm
3:00 Barre-Fusion®—Angie A
4:00 willPower & grace®
—Angie A

17

11:45 YOGA 1—Anni
5:45 CYCLING—Stephen

18

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
1:15 Barre-Fusion®—Angie A
4:30 willPower & grace®--Lisa
5:45 GYMNASTICBODIES
(Fee)

19

11:45 YOGA 1—Ken
5:45 CYCLING—Danyelle

20

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
5:45 GYMNASTICBODIES
(Fee)

21

9:00 TRX—Robb (Fee)

22

23/30

3:00 Barre-Fusion®—Angie A
4:00 willPower & grace®
—Angie A

24

11:45 YOGA 1—Ken
5:45 CYCLING—Stephen

25

5:15am CYCLING—Rochelle
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26

11:45 YOGA 1—Ken
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27

5:15am CYCLING—Rochelle
12:00 CYCLING—Laurie
5:45 GYMNASTICBODIES
(Fee)

28

9:00 TRX—Robb (Fee)

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