

GROUP FITNESS, CYCLING ROOM - EAST

APRIL 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
1 EASTER HOURS: Noon-8 pm	2	3 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	4	5 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	6 9:00 TRX—Robb (Fee)	7 LES MILLS BODYCOMBAT Initial Training: 8am-5pm
8 LES MILLS BODYCOMBAT Initial Training: 8am-5pm 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A at WEST CLUB	9 5:45 pm CYCLING --Danyelle	10 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie	11	12 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie	13 9:00 TRX—Robb (Fee)	14
15 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	16 5:45 pm CYCLING --Danyelle	17 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	18	19 5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	20 9:00 TRX—Robb (Fee)	21
22 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	23 5:45 pm CYCLING --Danyelle	24 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	25	26 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	27 9:00 TRX—Robb (Fee)	28
29 3:00 PILATES--Heather 4:00 willPower & grace® --Rochelle	30 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>				