

# GROUP FITNESS, CYCLING ROOM - EAST

JUNE 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<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>If attending first indoor cycling class, please arrive</p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>					1	2
					9:00 TRX—Robb (Fee)	
3	4	5	6	7	8	9
	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	9:00am-1pm GREAT CYCLE CHALLENGE (In the GYM)
10	11	12	13	14	15	16
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLING-Danyelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLING--Danyelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	
17	18	19	20	21	22	23
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLING--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	
24	25	26	27	28	29	30
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