

GROUP FITNESS, CYCLING ROOM - EAST

JULY 2017

Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All group fitness classes are free to members unless (fee) is written on the schedule.
Please call 779-5141 to register and pay for fee classes.

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

All schedules are available online at flagstaffathleticclub.com

<p>1</p>						
<p>2</p> <p>3:00 BARRE—Angie A 4:00 willPower & grace® —Angie A</p>	<p>3</p>	<p>4</p> <p>Happy 4th of July!! Club Hours: 5 am - 4 pm West Club Closed all day 5:15am CYCLING-Rochelle</p>	<p>5</p>	<p>6</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>7</p> <p>5:15am GRIT™(C)—Kristi 9:00 TRX—Robb (Fee) 10:30 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1-Michael</p>	<p>8</p>
<p>9</p> <p>3:00 BARRE--Angie A 4:00 willPower & grace® —Angie A</p>	<p>10</p>	<p>11</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>12</p>	<p>13</p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>14</p> <p>9:00 TRX—Robb (Fee)</p>	<p>15</p>
<p>16</p> <p>3:00 BARRE—Angie A 4:00 willPower & grace® —Angie A</p>	<p>17</p>	<p>18</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>19</p>	<p>20</p> <p>5:15am CYCLING-Danyelle 12:00 CYCLING--Tabitha 5:45 GYMNASTICBODIES (Fee)</p>	<p>21</p> <p>9:00 TRX—Robb (Fee)</p>	<p>22</p>
<p>23/30</p> <p>3:00 BARRE—Angie A/Rochelle 4:00 willPower & grace® —Angie A/Rochelle</p>	<p>24/31</p>	<p>25</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>26</p>	<p>27</p> <p>5:15am CYCLING—Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>28</p> <p>9:00 TRX—Robb (Fee)</p>	<p>29</p>