

GROUP FITNESS, CYCLING ROOM - EAST

AUGUST 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday	
<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> <p>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.</p>		<p>1</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>2</p>	<p>3</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>4</p> <p>9:00 TRX—Robb (Fee)</p>	<p>5</p>	
	<p>6</p>	<p>7</p>	<p>8</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>9</p>	<p>10</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>11</p> <p>9:00 TRX—Robb (Fee)</p>	<p>12</p>
	<p>13</p>	<p>14</p>	<p>15</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>16</p>	<p>17</p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>18</p> <p>9:00 TRX—Robb (Fee)</p>	<p>19</p>
	<p>20</p>	<p>21</p>	<p>22</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>23</p>	<p>24</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>25</p> <p>9:00 TRX—Robb (Fee)</p>	<p>26</p>
	<p>27</p>	<p>28</p>	<p>29</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>30</p>	<p>31</p> <p>5:15am CYCLING—Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>		