

# GROUP FITNESS, CYCLING ROOM - EAST

August 2018

Flagstaff Athletic Club

Su-day      Mo-day      Tuesday      Wed-nesday      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. If attending first indoor cycling class, please arrive early.</p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>				1	2	3	4
5	6	7	8	9	10	11	
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)			
12	13	14	15	16	17	18	
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)			
19	20	21	22	23	24	25	
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)		5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)			
26	27	28	29	30	31		
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