

GROUP FITNESS, CYCLING ROOM - EAST

SEPTEMBER 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-esday	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.</p> <p>Please call 779-5141 to register and pay for fee class.</p>					1	2
3	4	5	6	7	8	9
3:00 BARRE--Angie A 4:00 willPower & grace®--Angie A	LABOR DAY HOURS 7 am - 8pm	5:15am CYCLING-Rochelle 12:00 CYCLING—Tabitha 5:45 GYMNASTICBODIES (Fee)		5:15am CYCLING-Rochelle 12:00 CYCLING—Tabitha 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	
10	11	12	13	14	15	16
3:00 BARRE--Angie A 4:00 willPower & grace®--Angie A	5:45 CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 CYCLING--Danyelle	5:15am CYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	
17	18	19	20	21	22	23
3:00 BARRE--Angie A 4:00 willPower & grace®--Angie A	5:45 CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	
24	25	26	27	28	29	30
3:00 BARRE--Angie A 4:00 willPower & grace®--Angie A	5:45 CYCLING--Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 CYCLING--Danyelle	5:15am CYCLING—Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee)	