

GROUP FITNESS, CYCLING ROOM - EAST

October 2017

Flagstaff Athletic Club

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	2 5:45 pm CYCLING --Danyelle	3 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	4 5:45 pm CYCLING --Danyelle	5 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	6 9:00 TRX—Robb (Fee)	7 NEW GROUP FITNESS INSTRUCTOR TRAINING 9am-Noon
8 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	9 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	10 5:15am CYCLING-Bianca 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	11 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	12 5:15am CYCLING-Danyelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	13 9:00 TRX—Robb (Fee)	14
15 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	16 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	17 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	18 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	19 5:15am CYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	20 9:00 TRX—Robb (Fee)	21
22 3:00 BARRE FUSION and 4:00 willPower & grace® at West Club	23 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	24 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie	25 8:30 am WOW (Fee) 5:45 pm CYCLING	26 5:15am CYCLING-Rochelle 12:00 CYCLING--Laurie	27 9:00 TRX—Robb (Fee)	28

29 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	30 8:30 am WOW (Fee) 5:45 pm CYCLING --Danyelle	31 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	<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>			
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