

GROUP FITNESS, CYCLING ROOM - EAST

NOVEMBER 2017 Flagstaff Athletic Club

Su-day Mo-day Tuesday Wed-nesday Thursday Friday Saturday

<p>All schedules are available online at flagstaffathleticclub.com. 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> <p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.</i></p>		1 5:15am GRIT™ (C) --Kristi 6:00 BODYPUMP®—Angie R 12:00 YOGA 1--Ken 5:45 pm CYCLING --Danyelle	2 5:15am CYCLING-Rochelle 8:00 FLEX-ABILITY + CORE --Julie 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee) 7:00 ZUMBA--Luis	3 9:00 TRX—Robb (Fee)	4
5 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	6 5:45 pm CYCLING --Danyelle	7 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	8 5:45 pm CYCLING --Danyelle	9 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	10 9:00 TRX—Robb (Fee)
12 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	13 5:45 pm CYCLING --Danyelle	14 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	15 5:45 pm CYCLING --Danyelle	16 5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	17 9:00 TRX—Robb (Fee)
19 3:00 PILATES--Stephanie 4:00 willPower & grace® --Stephanie	20 5:45 pm CYCLING --Danyelle	21 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	22 Club Hours: 5 am - 6 pm	23 HAPPY THANKSGIVING! CLUBS CLOSED	24 Club Hours: 7 am - 6 pm
26 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	27 5:45 pm CYCLING --Danyelle	28 5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	29 5:45 pm CYCLING --Danyelle	30 5:15am CYCLING-Rochelle 12:00 CYCLING--Laurie 5:45 GYMNASTICBODIES (Fee)	31