

GROUP FITNESS, CYCLING ROOM - EAST

DECEMBER 2017 Flagstaff Athletic Club

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

All schedules are available online at flagstaffathleticclub.com.
 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 class.
 If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.

<p>3</p> <p>3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A</p>	<p>4</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>5</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>6</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>7</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>8</p> <p>9:00 TRX—Robb (Fee)</p>	<p>9</p>
<p>10</p> <p>3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A</p>	<p>11</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>12</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>13</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>14</p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>15</p> <p>9:00 TRX—Robb (Fee)</p>	<p>16</p>
<p>17</p> <p>3:00 BARRE ABOVE--Angie A 4:00 willPower & grace® --Angie A</p>	<p>18</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>19</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>20</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>21</p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>22</p> <p>9:00 TRX—Robb (Fee)</p>	<p>23</p>
<p>24</p> <p>CLUB HOURS: 7am-4pm</p>	<p>25</p> <p>HAPPYHOLIDAYS! CLUBS CLOSED</p>	<p>26</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>27</p> <p>5:45 pm CYCLING --Danyelle</p>	<p>28</p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING--Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>29</p> <p>9:00 TRX—Robb (Fee)</p>	<p>30</p>
<p>31</p> <p>CLUB HOURS: 7am-6pm 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A</p>	<p>1</p> <p>HAPPY NEW YEAR! CLUB HOURS: 7am-6pm</p>	<p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>5:45 pm CYCLING --Danyelle</p>	<p>5:15am CYCLING-Rochelle 12:00 CYCLING--Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>9:00 TRX—Robb (Fee)</p>	