

GROUP FITNESS, CYCLING ROOM - EAST

FEBRUARY 2020

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

All group fitness classes are free to members unless (fee) is written on the schedule.

All schedules are available online at flagstaffathleticclub.com

If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.

<p>1</p>						
2	3	4 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	5 10:30 BODYJAM®—Jules	6 5:15amCYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	7 10:30 BODYJAM®—Angie R	8 HAPPY ANNIVERSARY! FREE GUEST DAY!
9	10	11 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	12 10:30 BODYJAM®—Jules	13 5:15amCYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	14 10:30 BODYJAM®—Angie R	15
16	17	18 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	19 10:30 BODYJAM®—Jules	20 5:15amCYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	21 10:30 BODYJAM®—Angie R	22
23 2:00 SUNDAY SAMPLER: SPIN, STRENGTH & STRETCH --Greta	24	25 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	26 10:30 BODYJAM®—Jules	27 5:15amCYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	28 10:30 BODYJAM®—Angie R	