

# GROUP FITNESS, CYCLING ROOM - EAST

MARCH 2020

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	4 10:30 BODYJAM®—Jules	5 5:15am CYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	6 10:30 BODYJAM®—Angie R 12:00 CYCLING--Tabitha	7
8	9	10 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	11 10:30 BODYJAM®—Jules	12 5:15am CYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	13 10:30 BODYJAM®—Angie R 12:00 CYCLING--Greta	14
15	16	17 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	18 10:30 BODYJAM®—Jules	19 5:15am CYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	20 12:00 CYCLING--Tabitha	21
22	23	24 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	25 10:30 BODYJAM®—Jules	26 5:15am CYCLEFIT--Rochelle 10:30 BODYJAM®—Laurie 12:00 CYCLING—Laurie	27 10:30 BODYJAM®—Angie R 12:00 CYCLING--Greta	28
29 SUNDAY SAMPLER: PEDAL/PILATES--Rochelle	30	31 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	<p>All group fitness classes are free to members unless (fee) is written on the schedule.  <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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></p>			