

GROUP FITNESS, CYCLING ROOM - EAST

MAY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p><i>If attending first indoor cycling class, please arrive early. 15 minutes prior to class time listed.</i></p> <p>All schedules are available online at flagstaffathleticclub.com</p> <p>For (Fee) classes, please call 779-5141 to register.</p>			1 4:30 pm ZUMBA Kids--Ely	2 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	3 9:00 TRX--Robb (Fee)	4 9:30 PRE CINCO DE MAYO PIYO/ SPICY SPIN--Angie A/Rochelle
5	6	7 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	8 4:30 pm ZUMBA Kids--Ely	9 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	10 9:00 TRX--Robb (Fee)	11
12	13	14 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	15 4:30 pm ZUMBA Kids--Ely	16 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	17 9:00 TRX--Robb (Fee)	18
19	20	21 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	22 4:30 pm ZUMBA Kids--Ely	23 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	24 9:00 TRX--Robb (Fee)	25
26	27 HAPPY MEMORIAL DAY! Club Hours: 7 am - 8 pm	28 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	29 4:30 pm ZUMBA Kids--Ely	30 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	31 9:00 TRX--Robb (Fee)	