

# GROUP FITNESS, CYCLING ROOM - EAST

**AUGUST 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.                      If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.                      All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      For (Fee) classes, please call 779-5141 to register.</p>				1	2	3
				5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	9:00 TRX--Robb (Fee)	
4	5	6	7	8	9	10
		5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)		5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	9:00 TRX--Robb (Fee)	
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	31
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