

GROUP FITNESS, CYCLING ROOM - EAST

NOVEMBER 2018 Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
<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>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p>				1	2	3
4	5	6	7	8	9	10
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	5:00 pm ZUMBA Kids--Ely 5:45 pm HAPPY HOUR RIDE --Tabitha	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie	9:00 TRX--Robb (Fee)	
11	12	13	14	15	16	17
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	5:00 pm ZUMBA Kids--Ely 5:45 pm HAPPY HOUR RIDE --Tabitha	5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	9:00 TRX--Robb (Fee)	
18	19	20	21	22	23	24
3:15 PIYO--Danyelle	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	CLUB HOURS: 5 am - 6 pm 5:00 pm ZUMBA Kids--Ely	HAPPY THANKSGIVING! CLUBS CLOSED	8:00 TURKEY BLASTER RPM® --Angie R	
25	26	27	28	29	30	
3:15 PIYO--Angie A	7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	5:00 pm ZUMBA Kids--Ely 5:45 pm HAPPY HOUR RIDE --Tabitha	5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	9:00 TRX--Robb (Fee)	