

GROUP FITNESS, CYCLING ROOM - EAST

DECEMBER 2018 Flagstaff Athletic Club

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

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

All schedules are available online at flagstaffathleticclub.com.

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

Please call 779-5141 to register and pay for fee class.

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|------------------------------|-------------------------------------|---|---|--|--------------------------------|----|
| 2 3:15 PIYO--Angie A | 3 5:30 pm CYCLING--Danyelle | 4 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb | 5 5:00 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha | 6 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie | 7 9:00 TRX--Robb (Fee) | 8 |
| 9 3:15 PIYO--Angie A | 10 5:30 pm CYCLING--Danyelle | 11 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb | 12 5:00 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha | 13 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 14 9:00 TRX--Robb (Fee) | 15 |
| 16 3:15 PIYO--Angie A | 17 5:30 pm CYCLING--Danyelle | 18 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb | 19 5:00 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha | 20 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 21 9:00 TRX--Robb (Fee) | 22 |
| 23 3:15 PIYO--Angie A | 24 Club Hours: 5 am - 4 pm | 25 HAPPY HOLIDAYS! CLUBS CLOSED | 26 5:00 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha | 27 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 28 9:00 TRX--Robb (Fee) | 29 |
| 30 3:15 PIYO--Angie A | 31 Club Hours: 5 am - 6 pm | | | | | |