

GROUP FITNESS, DIAMOND ROOM - WEST

AUGUST 2019

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-esday

Thursday

Friday

Saturday

<p><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 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
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31