

# GROUP FITNESS, CYCLING ROOM - EAST

AUGUST 2008

Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

Cycling schedule also available  
online at [flagstaffathleticclub.com](http://flagstaffathleticclub.com)

**Indoor Cycling -- Bring your outdoor cycling training indoors! This class is geared to both beginner & elite participants. Experience athletic adrenaline pumping, cycling drills, all done to motivational music in a group setting.**

1

8:00am CYCLING—Karen

2

3

4

5:45pm CYCLING—Tabitha

5

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

6

5:45pm CYCLING—Cameron

7

6:00 CYCLING—Sue  
12:00 CYCLING—Laurie  
4:45 KIDS YOGA (3-8) Fee  
6:30 GENTLE FLOW YOGA  
—Keelyn

8

8:00am CYCLING—Karen

9

10

11

5:45pm CYCLING—Tabitha

12

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

13

5:45pm CYCLING—Cameron

14

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
4:45 KIDS YOGA (3-8) Fee  
6:30 GENTLE FLOW YOGA  
—Keelyn

15

8:00am CYCLING—Karen

16

17

18

5:45pm CYCLING—Tabitha

19

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

20

5:45pm CYCLING—Cameron

21

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

22

8:00am CYCLING—Karen

23

24

25

5:45pm CYCLING—Tabitha

26

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

27

5:45pm CYCLING—Cameron

28

6:00 CYCLING—Corinna  
12:00 CYCLING—Laurie  
6:30 GENTLE FLOW YOGA  
—Keelyn

29

8:00am CYCLING—Karen

30

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