

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001853987
Filer CCC XXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer Frontier Group Holdings, Inc.
SEC File Number 001-40304
Address of Issuer 4545 AIRPORT WAY
DENVER
COLORADO
80239
Phone 7323744550
Name of Person for Whose Account the Securities are To Be Sold JOHN CONNOR

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer BOARD MEMBER

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
COMMON	UBS Financial Services Inc 1000 Harbor Blvd 3rd Floor Weehawken NJ 07086	60000	361000	225372000	12/05/2024	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired	
COMMON	05/25/2023 GRANT	ISSUER	<input type="checkbox"/>	12822	05/25/2023	BOARD MEMBER COMPENSATION
COMMON	04/05/2024 Private Equity Distribution	Indigo	<input type="checkbox"/>	47178	04/05/2024	Private Equity Distribution

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
JOHN CONNOR 1395 Virginia Road Santa Barbara CA 93108	COMMON	12/03/2024	30000	172259
JOHN CONNOR 1395 Virginia Road Santa Barbara CA 93108	COMMON	12/04/2024	30000	178551

144: Remarks and Signature

Remarks John Connor is on the Board of Directors for Frontier Group Holdings, Inc (ULCC). Per confirmation form ULCC Counsel, Mr. Connor is in an open window to sell shares which closes on December 10, 2024

Date of Notice 12/05/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ UBS Financial Services Inc, as attorney-in-fact for JOHN CONNOR

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)