

# EAST CLUB CYCLING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 Cardio Training Courtney ****				6:00-7:00 Courtney/ Vanessa		
					8:00-9:00 Cycling Aaron ****	9:00-10:00 Cycling Sissy
4:30-5:30 Cycling Cheryl						6:00-7:00 Cycling Sissy/ Courtney
6:00-7:00 Cycling Sissy		6:00-7:00 Cycling Courtney		**** Begins in Cycling room then moves to the Aerobics Room		
				<b>Effective 3/1/16</b>		

This schedule is subject to change. Please see our website for the most up-to-date schedule [www.CourtJesterAC.com](http://www.CourtJesterAC.com). If you have any questions or comments, please feel free to contact us at [Training@CourtJesterAC.com](mailto:Training@CourtJesterAC.com).

**COURT  JESTER**  
ATHLETIC CLUB

## Cycling Policy

Once the music has started any saved bikes are available to anyone wanting to take the class.