

# WEST CLUB AEROBICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-7:00 Cardio Training Courtney L-II/III <b>****</b>	6:00-7:30 Yoga Strength Sissy L-II	6:00-7:00 Total Body Mix 7:00-7:15 Abs Sherrie L-II/III		
8:30-9:30 Forever Fit Level II Rob		8:30-9:30 Forever Fit Level II Rob		8:30-9:30 Forever Fit Rob Level II	8:30 - 9:00 Abs George	
9:30-10:30 3 - 2 - 1 Sandy L-II	9:30-10:45 Body Blast Tori L-II/III	9:30-11:00 Cardio Weight Lifting Karen L-II	9:30-10:45 Body Blast Tori L-II/III	9:30-10:45 H.I.I.T. Boot Camp Sandy L-II	9:00 - 10:00 Body Sculpting George L-II	9:00-10:00 Body Blast on the Ball Courtney L-II
	10:45-11:45 Zumba Sandy L-II			10:45 - 11:00 Butts & Gutts Sandy	10:15-11:15 Kettlebells Jessica S. L-III	10:00-11:00 Cross Train Insane Tori L-III
11:00-12:00 Forever Fit Rob Level II		11:00-12:00 Forever Fit Rob Level II			11:15-12:15 Kickboxing Jen L-II/III	11:15-12:15 Beginner Yoga Erin/Pam L-I
12:00-1:00 Yoga Edmond L-I/II		12:00-1:00 Vinyasa Flow Yoga Jessica M L-I/II	12:00-1:00 Yoga Edmond L-I/II		12:30-1:30 Yoga Meditation Edmond L-I/II	
4:25-5:30 Step & Cardio Marianne L-II	4:25-5:30 Body Blast on the Ball Jessica S. L- II	4:30-5:30 Boot Camp Sissy L-II	4:20-5:30 Core Power Tori L - II <b>****</b>			
5:30-6:30 Cardio Bootcamp Tori L-II/III	5:30-6:30 Fitness Yoga Stretch Pratima L-I/II	5:30-6:30 Kettlebells Jessica S. / Tori L-III	5:30-6:30 R.I.P.P.E.D. Sissy L-I/II	5:15-6:30 Cardio Happy Hour Sissy		
6:30 - 7:00 Corefusion Abs George	6:30-7:30 Kickboxing Jen L-II/III	6:30 - 7:00 Corefusion Abs George		<b>**** Class starts in Cycling Room, then moves to Aerobics Room</b>		
7:00 - 8:00 Sculpting George L-II		7:00-8:00 Sculpting George L-II	This schedule is subject to change. Please see our website for the most up-to-date schedule <a href="http://www.CourtJesterAC.com">www.CourtJesterAC.com</a> . If you have any questions or comments, please feel free to contact us at <a href="mailto:Training@CourtJesterAC.com">Training@CourtJesterAC.com</a> .			
		8:00 - 9:00 YOGA Edmond L-I/II				
<b>Effective 10/1/15</b>				I-Beginner II-Intermediate III-Advanced		