

WEST CLUB CYCLING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30 Cycling Amy	6:00-7:00 Cardio Training Courtney ****		5:30-6:30 Cycling Amy		
					7:45-8:45 Cycling Amy	
9:15-10:15 Cycling Amy	9:00-10:00 Cycling Sandy	9:30-10:30 Cycling Amy/Tori	9:00-10:00 Cycling Michelle	9:30-10:30 Cycling Michelle	10:15-11:15 Cycling George	10:30-11:30 Cycling Cheryl
			4:20-5:00 Cycling & Core Power Tori ****		**** Class starts in Cycling Room, then moves to Aerobics Room	
5:30-6:30 Cycling Joshua	5:30-6:30 Cycling George	5:30-6:30 Cycling Cheryl	5:30-6:30 Cycling George	5:30-6:30 Cycling Cheryl	Effective 10/1/15	

This schedule is subject to change. Please see our website for the most up-to-date schedule www.CourtJesterAC.com. If you have any questions or comments, please feel free to contact us at 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.