


WEST CLUB AEROBICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-7:00 Spin & Tone Courtney L-II/III		5:30-6:30 Total Body Jen B L-II/III		
8:30-9:30 Forever Fit Level II Mary		8:30-9:30 Forever Fit Level II Mary		8:30-9:30 Forever Fit Level II Mary	8:30 - 9:00 Abs George	
	9:30-10:45 Body Blast Tori L - II/III	9:30-11:00 Cardio Weight Lifting Karen L-II	9:30-10:45 Strong & Fit Sandy L- I/II/III	9:30-10:30 Morning Yoga Pratima	9:00 - 10:00 Body Sculpting George L-II	9:00-10:00 Body Blast Strength & Cardio Courtney L-II
	10:45-11:45 Zumba Sandy L-II			10:45 - 11:45 Zumba Sandy L-II	10:15-11:15 Body Bar Tori L-III	10:00-11:00 Beginner Yoga Pam L-I
					11:15-12:15 Kickboxing & Strength Jen B L-II/III	
12:00-1:00 Vinyasa Yoga Rachel		12:00-1:00 Kripalu Vinyasa Kim L-II	12:00-2:00 Yoga Meditation Edmond L-I/II		12:30-1:30 Yoga Meditation Edmond L-I/II	
	4:25-5:30 Step Intervals Marianne L-II/III	4:30-5:30 Boot Camp Sissy L-II				
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 Body Sculpting George	5:30-6:30 Fitness Yoga Stretch Marissa L-I/II			
6:30 - 7:00 Athletic Stretch & Recover Tori	6:30-7:30 Kickboxing Jen L-II/III	6:30 - 7:00 Core George				
			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 info@courtjesterac.com .			
			Effective 10/2/19		I-Beginner II-Intermediate III-Advanced	