

# COURT JESTER ATHLETIC CLUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am <b>Bootcamp</b> Jen (F)	5:30-6:30am Cycle Amy (C)		5:30-6:30am Cycle Amy (C)	5:30-6:30am Total Body Jen (A)		
9:30-10:45am Strong & Fit Sandy (A)		9:30-10:30am Cycle Tabata Tori (C)		9:30-10:30am Cycle Thalia/Tori (C)	8:30-9:00am Core George (A)	
9:30-10:45am HIIT & Hills Tori (C)					9:00-10:00am Body Sculpt George (A)	
12:00-1:00pm Get Bent Yoga Kelsey (A)		12:00-1:00pm Kripula Yoga Kim (A)		12:00-1:00pm Lunchtime Yoga Jen (A)	Cardio Strength Combo Tori	
					9:00-10am Cycle	
4:15-5:15pm Lift & Tone George (A)	4:15-5:15pm TRX Core & More Tori (F)	4:30-5:30pm Total Body Alexis (F)	4:30-5:15pm Fast 45 Angela (A)		10:15-11:15am BodyBar (Starts in Cycling and moves to Aerobics)	<b>A - Aerobics Room</b>
5:30-6:30pm Cross Train Insane Tori (A)	5:00-6:00pm Fit Yoga Meredith (A)	5:00-6:00pm Cycle Michelle (C)	5:30-6:30pm Get Bent Yoga Kelsey (A)			<b>F - Functional Fitness</b>
	5:30-6:30pm HIIT & Hills Tori (C)					<b>C - Cycling Room</b>
	6:00-7:00pm Kickboxing Jen (A)	5:30-6:30pm Basic Yoga Pam (A)	5:30-6:30pm Cycle Casey (C)			<b>Effective 9/13/21</b>

**This schedule is subject to change. Please see our website for the most up-to-date schedule at [courtjesterac.com](http://courtjesterac.com). Any questions or concerns, please contact [Tori@courtjesterac.com](mailto:Tori@courtjesterac.com)**