

# COURT JESTER ATHLETIC CLUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Bootcamp Jen B (F)	5:30-6:30am Cycle Amy (C)		5:30-6:30am Cycle Amy (C)	5:30-6:30am Total Body Jen B (A)		
		9:30-10:30am Cycle Tabata Tori (C)		9:30-11:00am Cycle & Strength 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)	
11:00-12:00pm Get Bent Yoga Bridgette (A)		11:00-12:00pm Get Bent Yoga Bridgette (A)				
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/Alexis (A)			A - Aerobics Room
5:30-6:30pm Cross Train Insane Tori (A)	5:00-6:00pm Fit Yoga Meredith (A)	5:00-6:00pm Cycle Michelle (C)				F - Functional Fitness
	5:30-6:30pm HIIT & Hills Tori (C)					C - Cycling Room
	6:00-7:00pm Kickboxing Jen B (A)	5:30-6:30pm Basic Yoga Pam (A)	5:30-6:30pm Cycle Casey (C)			Effective 7/14/22

**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)**