

# COURT JESTER ATHLETIC CLUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Bootcamp Jen B (F)		5:30-6:30am Spin & Lift Jen B (C) to (F)		5:30-6:30am Total Body Jen B (A)	8:30-9:00am Core George (A)	
9:30-10:30am  HIIT & Hills Tori  (C)	9:30-10:45am  Bodies in Motion Lindsey  (A)	9:30-10:30am  Cycle Tabata Tori  (C)	9:30-10:45am  Bodies in Motion Lindsey  (A)	9:30-11:00am  Cycle & Strength Tori/Thalia  (C)	9:00-10:00am Body Sculpt George (A)	
11:00-12:00pm Get Bent Yoga Bridgette (A)	11:30-12:30pm Yoga Nidra & Med Angela (A)	11:00-12:00pm Get Bent Yoga Lindsey (A)		11:00-12:00pm Vinyasa Flow Lindsey (A)	10:15-11:00am Beginner/Interval Cycling George (C)	A - Aerobics Room
4:15-5:15pm Lift & Tone George (A)	4:30 -5:15pm TRX Core & More Tori (F)	4:30-5:30pm Total Body Tori (F)	4:30-5:15pm Fast 45 Angela (A)			F - Functional Fitness
5:30-6:30pm Cross Train Insane Tori (A)	5:00-6:00pm Fit Yoga Bridgette (A)	5:30-6:30pm Cycle George (C)	5:30-6:30pm Cycle Casey (C)			C - Cycling Room
	5:30-6:30pm HIIT & Hills Tori (C)					
	6:00-7:00pm Kickboxing Jen B (A)	5:30-6:30pm Basic Yoga Pam (A)				Effective 4/5/23

**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)**