

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)		
9:30-10:30am HIIT & Hills Tori (C)	9:30-10:45am Bodies in Motion Thalia (A)	9:30-10:30am Cycle Tabata Tori (C)	9:30-10:45am Bodies in Motion Thalia (A)	9:30-11:00am Cycle & Strength Tori/Thalia (C)	8:30-9:00am Core George (A)	
11:00-12:00pm Get Bent Yoga Bridgette/Thalia (A)		11:00-12:00pm Get Bent Yoga Thalia (A)	11:30-12:30pm Mindfull Wellness Angela (A)	11:00-12:00pm Vinyasa Flow Thalia (A)	9:00-10:00am Body Sculpt George (A)	
4:15-5:15pm Lift & Tone George (A)	4:30-5:15pm TRX Core & More Tori (F)	4:30-5:15pm <u>Build & Box I</u> Tori (F)	4:30-5:15pm Fast 45 Angela (A)		10:15-11:00am Beginner/Interval Cycling George (C)	A - Aerobics Room
5:30-6:30pm Cross Train Insane Tori (A)	5:00-6:00pm Fit Yoga Bridgette (A)	5:15-6:00pm <u>Build & Box II</u> Jen B (A)	5:30-6:30pm Cycle Casey (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 Cycle George (C)				Effective 9/11/23

This schedule is subject to change. Please see our website for the most up-to-date schedule at courtjesterac.com. Any questions or concerns, please contact Tori@courtjesterac.com