

# 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)		9:30-10:30am  Cycle & Strength Tori  (C)			9:00-10:00am Body Sculpt George (A)	
11:00-12:00pm Functional Yoga Thalia (A)				11:00-12:00pm Functional Yoga Thalia (A)	10:15-11:00am Beginner/Interval Cycling George (C)	
4:15-5:15pm Lift & Tone George (A)	4:15-5:00pm TRX Core & More Tori (F)	4:30-5:15pm HIIT ME UP Angela (F)	4:30-5:15pm Rhythmic Step Tori (A)			A - Aerobics Room
5:30-6:30pm Cross Train Insane Tori (A)	5:00-6:00pm Vinyasa Yoga Shelly (A)	5:15-6:00pm Kick & Cardio Jen B (A)	5:30-6:15pm Power Cycle 45 Tori (C)			F - Functional Fitness
	5:30-6:00pm Power Cycle 30 Jen B (C)	5:30-6:30pm Cycle George (C)				C - Cycling Room
	6:00-7:00pm Kickboxing Jen B. (A)					Effective 9/13/24

**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)**