


EAST CLUB AEROBICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 Cardio Training Courtney L- II ****	6:00-7:00 Body Sculpting II 7:00-7:15 Abs Sherrie L-II/III		6:00-7:00 Body Sculpting II 7:00-7:15 Abs Sherrie L-II/III	6:00-7:15 Tone & Run Sissy L-II/III		
						8:00-9:00 Total Body Tone-up Sissy L-II
9:00-10:15 Cardio Mix & Tone Nancy L-II		9:00-10:00 On the Ball Grace L-I/II		9:00-10:00 Cardio Kickbox & Core Grace L- II	9:05-9:25 Abs Aaron ****	
					10:00-11:00 R.I.P.P.E.D. Sissy L- I/II	
		4:25-5:40 Step Interval w/ Ab Blasts Marianne L-II			Effective 10/13/15	
5:00-6:00 PiYo Patti	5:30-6:30 R.I.P.P.E.D. Sissy Level- II		5:30-6:30 Fitness Yoga Stretch Marissa L-I/II			
				**** Begins in Cycling Room		
				I-Beginner II-Intermediate III-Advanced		
			<p>This schedule is subject to change. Please see our website for the most up-to-date schedule www.CourtJesterAC.com. If you have any questions or comments, please feel free to contact us at Training@CourtJesterAC.com.</p>			