



CrossFit JeffersonTown SCHEDULE

PERSONAL TRAINING DEPARTMENT
 LOUISVILLE ATHLETIC CLUB, J-TOWN
 9565 Taylorsville Road Louisville, KY 40299 (502)753-0999

www.louisvilleathleticclub.com



EFFECTIVE June 2014			EFFECTIVE JULY 2014			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CrossFit WOD 6-7am Quinton	CrossFit WOD 6-7am Quinton	CrossFit WOD 6-7am Quinton	CrossFit WOD 6-7am Quinton	CrossFit WOD 6-7am Quinton		
CrossFit WOD 11am-12pm Brad	CrossFit WOD 11am-12pm Brad	CrossFit WOD 11am-12pm Brad	CrossFit WOD 11am-12pm Brad	CrossFit WOD 11am-12pm Brad	CrossFit WOD 11am-12pm Brad	
CrossFit WOD 5:30-6:30pm Quinton	CrossFit WOD 5:30-6:30pm Brian	CrossFit WOD 5:30-6:30pm Quinton	CrossFit WOD 5:30-6:30pm Brian	CrossFit WOD 5:30-6:30pm Quinton		
CrossFit WOD 6:30-7:30pm Quinton	CrossFit WOD 6:30-7:30pm Brian	CrossFit WOD 6:30-7:30pm Quinton	CrossFit WOD 6:30-7:30pm Brian			



Brad Clark, Personal Training Director, CrossFit Trainer

Contact: bclark@athleticclubs.org Cell: 502-338-2388



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Louisville Athletic Club J-Town

Shiloh Mount
 Kevin Nold
 Bob Maddox
 Christian Metten

Personal Trainers

Quinton Sanders
 Lisa Ferguson
 Brian Holmes

Tristian Barnes
 Lisa Tucker
 Brad Clark
 Lauren Russell