

# TRACY ANDERSON

Week of Feb 16th

| Mon 16 <sup>th</sup>                                         | Tues 17 <sup>th</sup>                                     | Wed 18 <sup>th</sup>                                        | Thurs 19 <sup>th</sup>                                     | Fri 20 <sup>th</sup>                                       | Sat 21 <sup>st</sup>                                        | Sun 22 <sup>nd</sup>                                        |
|--------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| <b>Intermediate Muscular Design</b><br>7:30-8:20<br>KAMILLA  | <b>Intermediate Muscular Design</b><br>7:30-8:20<br>JAVI  | <b>Intermediate Muscular Design</b><br>7:30-8:20<br>IRENE   | <b>Intermediate Muscular Design</b><br>7:30-8:20<br>IRENE  | <b>Intermediate Muscular Design</b><br>7:30-8:20<br>IRENE  |                                                             |                                                             |
| <b>30 Min Band Cardio</b><br><br>9:00-9:30<br>KAMILLA        |                                                           | <b>30 Min Band Cardio</b><br><br>9:00-9:30<br>IRENE         |                                                            | <b>30 Min Band Cardio</b><br><br>9:00-9:30<br>IRENE        | <b>Intermediate Muscular Design</b><br>9:00-9:50<br>KELLY   | <b>MYMODE</b><br><br>9:00-9:50<br>IRENE                     |
| <b>Intermediate Muscular Design</b><br>9:30-10:20<br>KAMILLA | <b>Intermediate Muscular Design</b><br>9:30-10:20<br>JAVI | <b>MYMODE</b><br><br>9:30-10:20<br>KELLY                    | <b>Intermediate Muscular Design</b><br>9:30-10:20<br>IRENE | <b>Intermediate Muscular Design</b><br>9:30-10:20<br>KELLY | <b>30 Min Band Cardio</b><br><br>10:00-10:30<br>KELLY       | <b>Heartstone</b><br><br>10:15-10:45<br>IRENE               |
| <b>30 Min Cardio</b><br><br>10:30-11:00<br>JAVI              |                                                           | <b>30 Min Cardio</b><br><br>10:30-11:00<br>KELLY            |                                                            | <b>30 Min Cardio</b><br><br>10:30-11:00<br>KELLY           | <b>Intermediate Muscular Design</b><br>10:45-11:35<br>KELLY | <b>Intermediate Muscular Design</b><br>10:45-11:35<br>IRENE |
| <b>MYMODE</b><br><br>11:15-12:05<br>KAMILLA                  | <b>Multitask Band</b><br><br>11:30-12:20<br>JAVI          | <b>Intermediate Muscular Design</b><br>11:15-12:05<br>KELLY | <b>Multitask Band</b><br><br>11:30-12:20<br>IRENE          | <b>MYMODE</b><br><br>11:15-12:05<br>KELLY                  |                                                             |                                                             |