

TRACY ANDERSON

Week of Oct 20th

Mon 20 TH	Tues 21 ST	Wed 22 ND	Thurs 23 RD	Fri 24 TH	Sat 25 TH	Sun 26 TH
Intermediate Muscular Design 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 KELLYMBARGA	Intermediate Muscular Design 7:30-8:20 KELLYMBARGA	Intermediate Muscular Design 7:30-8:20 KELLYMBARGA	Intermediate Muscular Design 7:30-8:20 JAVI		
30 Min Band Cardio 9:00-9:30 JAVI		30 Min Band Cardio 9:00-9:30 KELLYMBARGA		30 Min Band Cardio 9:00-9:30 JAVI	Intermediate Muscular Design 9:00-9:50 LAUREN	MYMODE 9:00-9:50 CANCELLED
Intermediate Muscular Design 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 JAVI	MYMODE 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 LAUREN	30 Min Band Cardio 10:00-10:30 LAUREN	Heartstone 10:15-10:45 CANCELLED
30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 CANCELLED		30 Min Cardio 10:30-11:00 LAUREN	Intermediate Muscular Design 10:45-11:35 LAUREN	Intermediate Muscular Design 10:45-11:35 CANCELLED
MYMODE 11:15-12:05 KELLY	Intermediate Muscular Design 11:30-12:20 LAUREN	Intermediate Muscular Design 11:15-12:05 KELLY	Multitask Band 11:30-12:20 KELLY	MYMODE 11:15-12:05 KELLYMBARGA		
				MYMODE 15:30-16:20 CANCELLED		