

# TRACY ANDERSON

Week of Dec 1st

| Mon 1 <sup>st</sup>                                 | Tues 2 <sup>nd</sup>                                       | Wed 3 <sup>rd</sup>                                      | Thurs 4 <sup>th</sup>                                    | Fri 5 <sup>th</sup>                                  | Sat 7 <sup>th</sup>                                  | Sun 8 <sup>th</sup>                                  |
|-----------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|
| Intermediate Muscular Design<br>7:30-8:20<br>LAUREN | Intermediate Muscular Design<br>7:30-8:20<br>KELLYMBARGA   | Intermediate Muscular Design<br>7:30-8:20<br>KELLYMBARGA | Intermediate Muscular Design<br>7:30-8:20<br>KELLYMBARGA | Intermediate Muscular Design<br>7:30-8:20<br>JAVI    |                                                      |                                                      |
| 30 Min Band Cardio<br><br>9:00-9:30<br>LAUREN       |                                                            | 30 Min Band Cardio<br><br>9:00-9:30<br>KELLYMBARGA       |                                                          | 30 Min Band Cardio<br><br>9:00-9:30<br>KELLYMBARGA   | Intermediate Muscular Design<br>9:00-9:50<br>IRENE   | MYMODE<br><br>9:00-9:50<br>IRENE                     |
| Intermediate Muscular Design<br>9:30-10:20<br>KELLY | Intermediate Muscular Design<br>9:30-10:20<br>JAVI         | MYMODE<br><br>9:30-10:20<br>LAUREN                       | Intermediate Muscular Design<br>9:30-10:20<br>JAVI       | Intermediate Muscular Design<br>9:30-10:20<br>LAUREN | 30 Min Band Cardio<br>10:00-10:30<br>IRENE           | Heartstone<br><br>10:15-10:45<br>IRENE               |
| 30 Min Cardio<br><br>10:30-11:00<br>KELLY           |                                                            | 30 Min Cardio<br><br>10:30-11:00<br>JAVI                 |                                                          | 30 Min Cardio<br><br>10:30-11:00<br>JAVI             | Intermediate Muscular Design<br>10:45-11:35<br>IRENE | Intermediate Muscular Design<br>10:45-11:35<br>IRENE |
| MYMODE<br><br>11:15-12:05<br>KELLY                  | Intermediate Muscular Design<br>11:30-12:20<br>KELLYMBARGA | Intermediate Muscular Design<br>11:15-12:05<br>LAUREN    | Multitask Band<br><br>11:30-12:20<br>KELLYMBARGA         | MYMODE<br><br>11:15-12:05<br>LAUREN                  |                                                      |                                                      |
|                                                     |                                                            |                                                          |                                                          | Multitask Band<br><br>15:30-16:20<br>LAUREN          |                                                      |                                                      |