

# TRACY ANDERSON

Week of Dec 22nd

| Mon 22 <sup>nd</sup>                                      | Tues 23 <sup>rd</sup>                                      | Wed 24 <sup>th</sup>                                      | Thurs 25 <sup>th</sup> | Fri 26 <sup>th</sup>                                     | Sat 27 <sup>th</sup>                                       | Sun 28 <sup>th</sup>                                      |
|-----------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|------------------------|----------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| Intermediate<br>Muscular<br>Design<br>7:30-8:20<br>LAUREN |                                                            |                                                           | CLOSED                 |                                                          |                                                            |                                                           |
| 30 Min<br>Band Cardio<br><br>9:00-9:30<br>LAUREN          |                                                            |                                                           |                        |                                                          | Intermediate<br>Muscular<br>Design<br>9:00-9:50<br>KELLY   | MYMODE<br><br>9:00-9:50<br>JAVI                           |
| Intermediate<br>Muscular<br>Design<br>9:30-10:20<br>KELLY | MYMODE<br><br>9:30-10:20<br>KELLY                          | MYMODE<br><br>9:30-10:20<br>JAVI                          | CLOSED                 | Intermediate<br>Muscular<br>Design<br>9:30-10:20<br>JAVI | 30 Min Band<br>Cardio<br><br>10:00-10:30<br>KELLY          | Heartstone<br><br>10:15-10:45<br>JAVI                     |
| 30 Min<br>Band Cardio<br><br>10:30-11:00<br>KELLY         | 30 Min<br>Cardio<br><br>10:30-11:00<br>KELLY               | 30 Min<br>Cardio<br><br>10:30-11:00<br>JAVI               |                        | 30 Min<br>Cardio<br><br>10:30-11:00<br>JAVI              | Intermediate<br>Muscular<br>Design<br>10:45-11:35<br>KELLY | Intermediate<br>Muscular<br>Design<br>10:45-11:35<br>JAVI |
| MYMODE<br><br>11:15-12:05<br>KELLY                        | Intermediate<br>Muscular<br>Design<br>11:30-12:20<br>KELLY | Intermediate<br>Muscular<br>Design<br>11:15-12:05<br>JAVI | CLOSED                 | MYMODE<br><br>11:15-12:05<br>JAVI                        |                                                            |                                                           |