

TRACY ANDERSON

Week of July 14th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20		
30 Min Band Cardio 9:00-9:30	Heartstone 9:00-9:30	30 Min Band Cardio 9:00-9:30	Heartstone 9:00-9:30	30 Min Band Cardio 9:00-09:30	Intermediate Muscular Design 9:00-9:50	Intermediate Muscular Design 9:00-9:50
Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	ADVANCED Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	MYMODE 9:30-10:20	30 Min Band Cardio 10:00-10:30	
30 Min Cardio 10:30-11:00	MYMODE 10:30-11:20	30 Min Cardio 10:30-11:00		30 Min Cardio 10:30-11:00	Intermediate Muscular Design 10:45-11:35	Intermediate Muscular Design 10:45-11:35
MYMODE 11:15-12:05	Intermediate Muscular Design 11:30-12:20	Intermediate Muscular Design 11:15-12:05	Multitask Bands 11:30-12:20	ADVANCED Muscular Design 11:15-12:05		
				MY MODE 15:30-16:20		