

TRACY ANDERSON

Week of Sept. 15th

Mon 15 TH	Tues 16 TH	Wed 17 TH	Thurs 18 TH	Fri 19 TH	Sat 20 TH	Sun 21 ST
Intermediate Muscular Design 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 LAUREN	Intermediate Muscular Design 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 LAUREN	Intermediate Muscular Design 7:30-8:20 LAUREN		
30 Min Band Cardio 9:00-9:30 JAVI		30 Min Band Cardio 9:00-9:30 LAUREN		30 Min Band Cardio 9:00-09:30 LAUREN	Intermediate Muscular Design 9:00-9:50 KELLY	MYMODE 9:00-9:50 CANCELLED
Intermediate Muscular Design 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 KELLY	MYMODE 9:30-10:20 JAVI	ADVANCED Muscular Design 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 JAVI	30 Min Band Cardio 10:00-10:30 KELLY	Heartstone 10:15-10:45 KELLYMBARGA
30 Min Cardio 10:30-11:00 LAUREN	ADVANCED Muscular Design 10:30-11:20 KELLY	30 Min Cardio 10:30-11:00 JAVI		30 Min Cardio 10:30-11:00 JAVI	Intermediate Muscular Design 10:45-11:35 KELLY	Intermediate Muscular Design 10:45-11:35 KELLYMBARGA
MYMODE 11:15-12:05 JAVI	Multitask Band 11:30-12:20 LAUREN	Intermediate Muscular Design 11:15-12:05 LAUREN	Intermediate Muscular Design 11:30-12:20 KELLY	MYMODE 11:15-12:05 LAUREN		