

# TRACY ANDERSON

Week of Feb 23rd

Mon 23 <sup>rd</sup>	Tues 24 <sup>th</sup>	Wed 25 <sup>th</sup>	Thurs 26 <sup>th</sup>	Fri 27 <sup>th</sup>	Sat 28 <sup>th</sup>	Sun 1 <sup>ST</sup>
<b>Intermediate Muscular Design</b> 7:30-8:20 IRENE	<b>Intermediate Muscular Design</b> 7:30-8:20 JAVI	<b>Intermediate Muscular Design</b> 7:30-8:20 IRENE	<b>Intermediate Muscular Design</b> 7:30-8:20 JAVI	<b>Intermediate Muscular Design</b> 7:30-8:20 IRENE		
<b>30 Min Band Cardio</b>  9:00-9:30 IRENE		<b>30 Min Band Cardio</b>  9:00-9:30 IRENE		<b>30 Min Band Cardio</b>  9:00-9:30 IRENE	<b>Intermediate Muscular Design</b> 9:00-9:50 KELLY	<b>MYMODE</b>  9:00-9:50 KAMILLA
<b>Intermediate Muscular Design</b> 9:30-10:20 KELLY	<b>Intermediate Muscular Design</b> 9:30-10:20 JAVI	<b>MYMODE</b>  9:30-10:20 KELLY	<b>Intermediate Muscular Design</b> 9:30-10:20 IRENE	<b>Intermediate Muscular Design</b> 9:30-10:20 KELLY	<b>30 Min Band Cardio</b> 10:00-10:30 KELLY	<b>Heartstone</b>  10:15-10:45 KAMILLA
<b>30 Min Cardio</b>  10:30-11:00 KELLY		<b>30 Min Cardio</b>  10:30-11:00 KELLY		<b>30 Min Cardio</b>  10:30-11:00 KELLY	<b>Intermediate Muscular Design</b> 10:45-11:35 KELLY	<b>Intermediate Muscular Design</b> 10:45-11:35 KAMILLA
<b>MYMODE</b>  11:15-12:05 KELLY	<b>Intermediate Muscular Design</b> 11:30-12:20 IRENE	<b>Intermediate Muscular Design</b> 11:15-12:05 KELLY	<b>Multitask Band</b>  11:30-12:20 IRENE	<b>MYMODE</b>  11:15-12:05 KELLY		