

TRACY ANDERSON

Week of March 2nd

Mon 2 nd	Tues 3 rd	Wed 4 th	Thurs 5 th	Fri 6 th	Sat 7 th	Sun 8 th
Intermediate Muscular Design 7:30-8:20 IRENE	Intermediate Muscular Design 7:30-8:20 KAMILA	Intermediate Muscular Design 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 IRENE		
30 Min Band Cardio 9:00-9:30 IRENE		30 Min Band Cardio 9:00-9:30 CANCELLED		30 Min Band Cardio 9:00-9:30 IRENE	Intermediate Muscular Design 9:00-9:50 KELLY	Intermediate Muscular Design 9:00-9:50 IRENE
Intermediate Muscular Design 9:30-10:20 IRENE	Intermediate Muscular Design 9:30-10:20 KAMILLA	MYMODE 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 KAMILLA	Intermediate Muscular Design 9:30-10:20 IRENE	30 Min Band Cardio 10:00-10:30 KELLY	Heartstone 10:00-10:30 IRENE
30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 KELLY	Intermediate Muscular Design 10:45-11:35 KELLY	MYMODE 10:45-11:35 IRENE
MYMODE 11:15-12:05 KELLY	Intermediate Muscular Design 11:30-12:20 IRENE	Intermediate Muscular Design 11:15-12:05 KELLY	Multitask Band 11:30-12:20 KAMILLA	MYMODE 11:15-12:05 KELLY		