

TRACY ANDERSON

Week of June 29th

FOR HOTEL GUESTS AT THE EMORY AND THE BERKELEY:

INTERMEDIATE MUSCULAR DESIGN, MULTITASK BAND: £55

BAND CARDIO, CARDIO, RECOVERY AND REGENERATE: £35

MYMODE: £85

Mon 29 th	Tues 30 th	Wed 1 st	Thurs 2 nd	Fri 3 rd	Sat 4 th	Sun 5 th
Intermediate Muscular Design 7:30-8:20 LAUREN	MYMODE 7:30-8:20 IRENE	Intermediate Muscular Design 7:30-8:20 LAUREN	MYMODE 7:30-8:20 IRENE	Intermediate Muscular Design 7:30-8:20 IRENE		
30 Min Band Cardio 9:00-9:30 LAUREN		30 Min Band Cardio 9:00-9:30 LAUREN		30 Min Band Cardio 9:00-9:30 IRENE	Intermediate Muscular Design 9:00-9:50 KELLY	Intermediate Muscular Design 9:00-9:50 AARON
Intermediate Muscular Design 9:30-10:20 AARON	Intermediate Muscular Design 9:30-10:20 LAUREN	MYMODE 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 IRENE	Intermediate Muscular Design 9:30-10:20 KELLY	30 Min Band Cardio 10:00-10:30 KELLY	Recovery and Regenerate 10:15-10:45 AARON
30 Min Cardio 10:30-11:00 JAVI		30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 MAMORE	Intermediate Muscular Design 10:45-11:35 KELLY	MYMODE 10:45-11:35 AARON
MYMODE 11:15-12:05 JAVI	Multitask Band 11:30-12:20 JAVI	Intermediate Muscular Design 11:15-12:05 KELLY	Multitask Band 11:30-12:20 KELLY	MYMODE 11:15-12:05 KELLY		