

# TRACY ANDERSON

Week of April 20th

Mon 20 <sup>th</sup>	Tues 21 <sup>st</sup>	Wed 22 <sup>nd</sup>	Thurs 23 <sup>rd</sup>	Fri 24 <sup>th</sup>	Sat 25 <sup>th</sup>	Sun 26 <sup>th</sup>
<b>Intermediate Muscular Design</b> 7:30-8:20 KAMILLA	<b>Intermediate Muscular Design</b> 7:30-8:20 KAMILLA	<b>Intermediate Muscular Design</b> 7:30-8:20 LAUREN	<b>Intermediate Muscular Design</b> 7:30-8:20 LAUREN	<b>Intermediate Muscular Design</b> 7:30-8:20 IRENE		
<b>30 Min Band Cardio</b>  9:00-9:30 KELLY		<b>30 Min Band Cardio</b>  9:00-9:30 JAVI		<b>30 Min Band Cardio</b>  9:00-9:30 JAVI	<b>Intermediate Muscular Design</b> 9:00-9:50 KELLY	<b>Intermediate Muscular Design</b> 9:00-9:50 JAVI
<b>Intermediate Muscular Design</b> 9:30-10:20 KELLY	<b>Intermediate Muscular Design</b> 9:30-10:20 KAMILLA	<b>MYMODE</b> 9:30-10:20 IRENE	<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 JAVI
<b>30 Min Cardio</b>  10:30-11:00 KAMILLA		<b>30 Min Cardio</b>  10:30-11:00 IRENE		<b>30 Min Cardio</b>  10:30-11:00 KELLY	<b>Intermediate Muscular Design</b> 10:45-11:35 KELLY	<b>MYMODE</b> 10:45-11:35 JAVI
<b>MYMODE</b> 11:15-12:05 KELLY	<b>Intermediate Muscular Design</b> 11:30-12:20 JAVI	<b>Intermediate Muscular Design</b> 11:15-12:05 IRENE	<b>Multitask Band</b> 11:30-12:20 IRENE	<b>MYMODE</b> 11:15-12:05 KELLY		