

TRACY ANDERSON

Week of April 6th

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