

TRACY ANDERSON

WEEK OF August 17th

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 17 th	Tues 18 th	Wed 19 th	Thurs 20 th	Fri 21 st	Sat 22 nd	Sun 23 rd
Intermediate Muscular Design 7:30-8:20 MAMORE	Intermediate Muscular Design 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 MAMORE	MYMODE 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 MAMORE		
30 Min Band Cardio 9:00-9:30 MAMORE		30 Min Band Cardio 9:00-9:30 MAMORE		30 Min Band Cardio 9:00-9:30 MAMORE	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 KAMILLA	MYMODE 9:30-10:20 AARON	Intermediate Muscular Design 9:30-10:20 KAMILLA	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 AARON		30 Min Cardio 10:30-11:00 KELLY	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 MAMORE	Intermediate Muscular Design 11:15-12:05 AARON	Multitask Band 11:30-12:20 MAMORE	MYMODE 11:15-12:05 KELLY		