

TRACY ANDERSON

WEEK OF August 24th

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 24 th	Tues 25 th	Wed 26 th	Thurs 27 th	Fri 28 th	Sat 29 th	Sun 30 th
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 AARON		
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 AARON	Intermediate Muscular Design 9:00-9:50 KELLY	Intermediate Muscular Design 9:00-9:50 LAUREN
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 KAMILLA	Intermediate Muscular Design 9:30-10:20 AARON	30 Min Band Cardio 10:00-10:30 KELLY	Recovery and Regenerate 10:15-10:45 LAUREN
30 Min Cardio 10:30-11:00 KELLY		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 LAUREN
MYMODE 11:15-12:05 KELLY	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		