

TRACY ANDERSON

WEEK OF August 10th

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 10 th	Tues 11 th	Wed 12 th	Thurs 13 th	Fri 14 th	Sat 15 th	Sun 16 th
Intermediate Muscular Design 7:30-8:20 LAUREN	Intermediate Muscular Design 7:30-8:20 AARON	Intermediate Muscular Design 7:30-8:20 AARON	MYMODE 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 AARON		
30 Min Band Cardio 9:00-9:30 LAUREN		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 KAMILLA
Intermediate Muscular Design 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 JAVI	MYMODE 9:30-10:20 KELLY	Intermediate Muscular Design 9:30-10:20 KAMILLA	Intermediate Muscular Design 9:30-10:20 JAVI	30 Min Band Cardio 10:00-10:30 KELLY	Recovery and Regenerate 10:15-10:45 KAMILLA
30 Min Cardio 10:30-11:00 AARON		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 KAMILLA
MYMODE 11:15-12:05 AARON	Multitask Band 11:30-12:20 JAVI	Intermediate Muscular Design 11:15-12:05 KELLY	Multitask Band 11:30-12:20 JAVI	MYMODE 11:15-12:05 KELLY		