

# TRACY ANDERSON

## WEEK OF JULY 13<sup>TH</sup>

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 13 <sup>th</sup>	Tues 14 <sup>th</sup>	Wed 15 <sup>th</sup>	Thurs 16 <sup>th</sup>	Fri 17 <sup>th</sup>	Sat 18 <sup>th</sup>	Sun 19 <sup>th</sup>
<b>Intermediate Muscular Design</b> 7:30-8:20 AARON	<b>MYMODE</b> 7:30-8:20 AARON	<b>Intermediate Muscular Design</b> 7:30-8:20 LAUREN	<b>MYMODE</b> 7:30-8:20 AARON	<b>Intermediate Muscular Design</b> 7:30-8:20 LAUREN		
<b>30 Min Band Cardio</b> 9:00-9:30 AARON		<b>30 Min Band Cardio</b> 9:00-9:30 LAUREN		<b>30 Min Band Cardio</b> 9:00-9:30 LAUREN	<b>Intermediate Muscular Design</b> 9:00-9:50 KELLY	<b>Intermediate Muscular Design</b> 9:00-9:50 AARON
<b>Intermediate Muscular Design</b> 9:30-10:20 LAUREN	<b>Intermediate Muscular Design</b> 9:30-10:20 KELLY	<b>MYMODE</b> 9:30-10:20 KELLY	<b>Intermediate Muscular Design</b> 9:30-10:20 AARON	<b>Intermediate Muscular Design</b> 9:30-10:20 AARON	<b>30 Min Band Cardio</b> 10:00-10:30 KELLY	<b>Recovery and Regenerate</b> 10:15-10:45 AARON
<b>30 Min Cardio</b> 10:30-11:00 KELLY		<b>30 Min Cardio</b> 10:30-11:00 KELLY		<b>30 Min Cardio</b> 10:30-11:00 AARON	<b>Intermediate Muscular Design</b> 10:45-11:35 KELLY	<b>MYMODE</b> 10:45-11:35 AARON
<b>MYMODE</b> 11:15-12:05 KELLY	<b>Multitask Band</b> 11:30-12:20 KELLY	<b>Intermediate Muscular Design</b> 11:15-12:05 KELLY	<b>Multitask Band</b> 11:30-12:20 KELLY	<b>MYMODE</b> 11:15-12:05 AARON		