

TRACY ANDERSON

WEEK OF JULY 6TH

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 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 AARON	MYMODE 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 AARON	MYMODE 7:30-8:20 LAUREN	Intermediate Muscular Design 7:30-8:20 LAUREN		
30 Min Band Cardio 9:00-9:30 LAUREN		30 Min Band Cardio 9:00-9:30 AARON		30 Min Band Cardio 9:00-9:30 LAUREN	Intermediate Muscular Design 9:00-9:50 KELLY	Intermediate Muscular Design 9:00-9:50 AARON
Intermediate Muscular Design 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 AARON	MYMODE 9:30-10:20 DANNY	Intermediate Muscular Design 9:30-10:20 LAUREN	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 DANNY	Intermediate Muscular Design 11:15-12:05 DANNY	Multitask Band 11:30-12:20 KELLY	MYMODE 11:15-12:05 KELLY		