

TRACY ANDERSON

Week of June 22nd

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 22 nd	Tues 23 rd	Wed 24 th	Thurs 25 th	Fri 26 th	Sat 27 th	Sun 28 th
Intermediate Muscular Design 7:30-8:20 JAVI	MYMODE 7:30-8:20 JAVI	Intermediate Muscular Design 7:30-8:20 IRENE	MYMODE 7:30-8:20 AARON	Intermediate Muscular Design 7:30-8:20 AARON		
30 Min Band Cardio 9:00-9:30 JAVI		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 AARON
Intermediate Muscular Design 9:30-10:20 IRENE	Intermediate Muscular Design 9:30-10:20 IRENE	MYMODE 9:30-10:20 IRENE	Intermediate Muscular Design 9:30-10:20 AARON	Intermediate Muscular Design 9:30-10:20 AARON	30 Min Band Cardio 10:00-10:30 KELLY	Recovery and Regenerate 10:15-10:45 AARON
30 Min Cardio 10:30-11:00 MAMORE		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 IRENE	Multitask Band 11:30-12:20 IRENE	Intermediate Muscular Design 11:15-12:05 AARON	Multitask Band 11:30-12:20 LAUREN	MYMODE 11:15-12:05 KELLY		