

TRACY ANDERSON

Week of May 11th

Mon 11 th	Tues 12 th	Wed 13 th	Thurs 14 th	Fri 15 th	Sat 16 th	Sun 17 th
Intermediate Muscular Design 7:30-8:20 KAMILLA	MYMODE 7:30-8:30 LAUREN	Intermediate Muscular Design 7:30-8:20 IRENE	MYMODE 7:30-8:30 KAMILLA	Intermediate Muscular Design 7:30-8:20 LAUREN		
Heartstone 8.30-9:00 KAMILLA				Heartstone 8.30-9:00 LAUREN		
30 Min Band Cardio 9:00-9:30 KAMILLA		30 Min Band Cardio 9:00-9:30 IRENE		30 Min Band Cardio 9:00-9:30 LAUREN	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 LAUREN	MYMODE 9:30-10:20 IRENE	Intermediate Muscular Design 9:30-10:20 KAMILLA	Intermediate Muscular Design 9:30-10:20 KELLY	30 Min Band Cardio 10:00-10:30 KELLY	Heartstone 10:15-10:45 LAUREN
30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 JAVI		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 IRENE	Intermediate Muscular Design 11:15-12:05 JAVI	Multitask Band 11:30-12:20 KAMILLA	MYMODE 11:15-12:05 KELLY		

