

TRACY ANDERSON

Week of May 25th

Mon 25 th	Tues 26 th	Wed 27 th	Thurs 28 th	Fri 29 th	Sat 30 th	Sun 31 st
Intermediate Muscular Design 7:30-8:20 JAVI	MYMODE 7:30-8:20 LAUREN	Intermediate Muscular Design 7:30-8:20 IRENE	MYMODE 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 KAMILLA		
30 Min Band Cardio 9:00-9:30 MAMORE		30 Min Band Cardio 9:00-9:30 IRENE		30 Min Band Cardio 9:00-9:30 KAMILLA	Intermediate Muscular Design 9:00-9:50 KELLY	Intermediate Muscular Design 9:00-9:50 IRENE
Intermediate Muscular Design 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 LAUREN	MYMODE 9:30-10:20 KELLY	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	Recovery and Regenerate 10:15-10:45 IRENE
30 Min Cardio 10:30-11:00 LAUREN		30 Min Cardio 10:30-11:00 KELLY		30 Min Cardio 10:30-11:00 KELLY	Intermediate Muscular Design 10:45-11:35 KELLY	MYMODE 10:45-11:35 IRENE
MYMODE 11:15-12:05 LAUREN	Multitask Band 7:30-8:20 LAUREN	Intermediate Muscular Design 11:15-12:05 KELLY	Multitask Band 11:30-12:20 KAMILLA	MYMODE 11:15-12:05 KELLY		