TRACY ANDERSON

Week of November 23rd

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 23rd	Tues 24th	Wed 25th	Thurs 26th	Fri 27th	Sat 28th	Sun 29th
Intermediate Muscular Design 7:30-8:20 AARON	**MYMODE** 7:30-8:20 MAMORE	**Intermediate Muscular Design** 7:30-8:20 MAMORE	**MYMODE** 7:30-8:20 MAMORE	**Intermediate Muscular Design** 7:30-8:20 MAMORE		
Cardio Breakdown 9:00-9:30 AARON		**Beginner Muscular Design** 8:30-9:30 MAMORE		**30 Min Band Cardio** 9:00-9:30 MAMORE	**Intermediate Muscular Design** 9:00-9:50 KELLY	**Intermediate Muscular Design** 9:00-9:50 MAMORE
MYMODE 9:30-10:20 KELLY	**Intermediate Muscular Design** 9:30-10:20 MAMORE	**MYMODE** 9:30-10:20 AARON	**Intermediate Muscular Design** 9:30-10:20 AARON	**Intermediate Muscular Design** 9:30-10:20 MAMORE	**30 Min Band Cardio** 10:00-10:30 KELLY	**Recovery and Regenerate** 10:00-10:30 MAMORE
Intermediate Muscular Design 10:30-11:20 KELLY		**Intermediate Muscular Design** 10:30-11:20 KELLY		**MYMODE** 10:30-11:20 AARON	**Intermediate Muscular Design** 10:45-11:35 KELLY	**MYMODE** 10:45-11:35 MAMORE
30 Min Cardio 11:30-12:00 KELLY	**Multitask Band** 11:30-12:20 KELLY	**30 Min Cardio** 11:30-12:00 KELLY	**Multitask Band** 11:30-12:20 KELLY	**30 Min Cardio** 11:30-12:00 AARON		