

TRACY ANDERSON

Week of October 12th

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 12 th	Tues 13 th	Wed 14 th	Thurs 15 th	Fri 16 th	Sat 17 th	Sun 18 th
Intermediate Muscular Design 7:30-8:20 KAMILLA	MYMODE 7:30-8:20 AARON	Intermediate Muscular Design 7:30-8:20 AARON	MYMODE 7:30-8:20 KAMILLA	Intermediate Muscular Design 7:30-8:20 AARON		
Cardio Breakdown 9:00-9:30 KAMILLA		Beginner Muscular Design 8:30-9:30 JAVI		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
MYMODE 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 AARON	MYMODE 9:30-10:20 LAUREN	Intermediate Muscular Design 9:30-10:20 AARON	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
Intermediate Muscular Design 10:30-11:20 KELLY		Intermediate Muscular Design 10:30-11:20 AARON		MYMODE 10:30-11:20 KELLY	Intermediate Muscular Design 10:45-11:35 KELLY	MYMODE 10:45-11:35 AARON
30 Min Cardio 11:30-12:00 LAUREN	Multitask Band 11:30-12:20 AARON	30 Min Cardio 11:30-12:00 LAUREN	Multitask Band 11:30-12:20 JAVI	30 Min Cardio 11:30-12:00 KELLY		