

# TRACY ANDERSON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8am	7.30-8.20am Intermediate Muscular Design	7.30-8.20am Beginner Muscular Design	7.30-8.20am Intermediate Muscular Design	7.30-8.20am Beginner Muscular Design	7.30-8.20am Intermediate Muscular Design		
8-8.30am							
8.30-9am	8.30-9am Band Cardio	8.30-9am Cardio	8.30-9am Band Cardio	8.30-9am Cardio	8.30-9am Band Cardio		
9-9.30am						9-9.50am Intermediate Muscular Design	9-9.50am Intermediate Muscular Design
9.30-10am	9.30-10.20am Intermediate Muscular Design	9.30-10.20am Intermediate Muscular Design	9.30-10.20am Intermediate Muscular Design	9.30-10.20am Intermediate Muscular Design	9.30-10.20am Intermediate Muscular Design		
10-10.30am						10-10.30am Band Cardio	10-10.30am Cardio
10.30-11am	10.30-11am Cardio		10.30-11am Cardio		10.30-11am Cardio	10.45-11.35am Intermediate Muscular Design	10.45-11.35am Intermediate Muscular Design
11-11.30am	11.15am- 12.05pm Intermediate Muscular Design	11.15am- 12.05pm Intermediate Muscular Design	11.15am- 12.05pm Intermediate Muscular Design	11.15am- 12.05pm Intermediate Muscular Design	11.15am- 12.05pm Intermediate Muscular Design		
11.30am- 12pm							
3.30-4pm	3.30-4.20pm MultiTask Bands	3.30-4.20pm Intermediate Muscular Design	3.30-4.20pm MultiTask Bands	3.30-4.20pm Intermediate Muscular Design	3.30-4.20pm MultiTask Bands		
4-4.30pm							
5.30-6pm	5.30-6.20pm Beginner Muscular Design	5.30-6.20pm MultiTask	5.30-6.20pm Beginner Muscular Design	5.30-6.20pm MultiTask			
6-6.30pm							

# SURRENNIE