

TRACY ANDERSON

7.30-8.20	Intermediate Muscular Design	BEGINNER Muscular Design	Intermediate Muscular Design	BEGINNER Muscular Design	Intermediate Muscular Design		
8.30-9		30 Min Cardio	30 Min Band Cardio		30 Min Band Cardio		
9-9.30	Heartstone			Heartstone		Intermediate Muscular Design	Intermediate Muscular Design
9.30-10.20	Intermediate Muscular Design	Intermediate Muscular Design	Intermediate Muscular Design	Intermediate Muscular Design	Intermediate Muscular Design	10:00-10:30 30 Min Band Cardio	10:00-10:30 Heartstone
10.30-11	30 Min Cardio		Heartstone		30 Min Cardio	10:45-11:35 Intermediate Muscular Design	10:45-11:35 Intermediate Muscular Design
11.15-12.05	Intermediate Muscular Design	Intermediate Muscular Design	Intermediate Muscular Design	Multitask Bands	Intermediate Muscular Design		
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15:30-16:30					Multitask Bands		
16.30-17.20	Multitask Bands		BEGINNER Muscular Design				
17.30-18.20	BEGINNER Muscular Design		MultiTask				

SURRENNIE