

TRACY ANDERSON

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Muscular Design 7:30-8:20	Beginner Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20	Beginner Muscular Design 7:30-8:20	Intermediate Muscular Design 7:30-8:20	Intermediate Muscular Design 9:00-9:30	Intermediate Muscular Design 9:00-9:30
Heartstone 9:00-9:30	30 Min Cardio 8:30-9:00	30 Min Band Cardio 8:30-9:00	Heartstone 9:00-9:30	30 Min Band Cardio 8:30-9:00	30 Min Band Cardio 10:00-10:30	Heartstone 10:00-10:30
Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 9:30-10:20	Intermediate Muscular Design 10:45-11:35	Intermediate Muscular Design 10:45-11:35
30 Min Cardio 10:30-11:00	Intermediate Muscular Design 11:15-12:05	Heartstone 10:30-11:00	Multitask Bands 11:15-12:05	30 Min Cardio 10:30-11:00		
Intermediate Muscular Design 11:15-12:05		Intermediate Muscular Design 11:15-12:05		Intermediate Muscular Design 11:15-12:05		
Multitask Bands 16:30-16:20		Beginner Muscular Design 16:30-17:20		Multitask Bands 15:30-16:20		
Beginner Muscular Design 17:30-18:20		Multitask 17:30-18:20				