




















May MX4 Schedule



SHANNON HEALTH CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1.  5:30pm - Sarah	2.	3.	4.  9am – Kylie 10am - Sarah
5.	6.  5:30am - Mallory	7.  5:30pm – Michael	8.  5:30pm - Sarah	9.	10.	11.  9am – Kylie 10am - Sarah
12.	13.  5:30am - Mallory	14.  5:30pm-Michael	15.  5:30pm - Sarah	16.	17.	18.  9am – Kylie 10am - Sarah
19.	20.  5:30am - Mallory	21.  5:30pm-Michael	22.  5:30pm – Sarah	23.	24.	25.  9am – Kylie 10am – Sarah
26.	27.  5:30am – Mallory	28.  5:30pm-Michael	29.  5:30pm - Sarah	30.	31.	



CLUB HOURS:

MON – FRI
FRI: 5:00A – 8:00P
SAT: 8:00A – 7:00P
SUN: 12:00P – 7:00P
325-747-2582

NURSERY HOURS:

MON-FRI
8:00A – 1:15P
4:00P – 7:30P
SAT: 8:00A - NOON
SUN: 3:00P – 6:15

MX4 Packages:

1 session: \$10 5 Sessions: \$45 10 Sessions: \$80