

Shannon Health Club July MX4 Schedule

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

Please contact the trainer if you are interested in attending a class.

MX4 Packages:

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