




















November 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.  5:30pm - Sarah	7.  Noon- Rotating	8.  5:30pm - Sarah	9.	10.	11.  9am – Kylie 10am - Sarah
12.	13.  5:30pm - Sarah	14.  Noon- Rotating	15.  5:30pm - Sarah	16.	17.	18.  9am – Kylie 10am - Sarah
19.	20.  5:30pm - Sarah	21.  Noon – Rotating	22.  5:30pm - Sarah	23.	24.	25.  9am – Kylie 10am - Sarah
26.	27.  5:30pm - Sarah	28.  Noon – Rotating	29.  5:30pm - Sarah	30.		



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