

# Shannon Health Club May **MX4** Schedule

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

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

## MX4 Packages:

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