



# January MX4 Schedule



SHANNON HEALTH CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1.  Gym Closed	2.	3.  5:30pm - Sarah	4.	5.	6.  9am – Kylie 10am - Sarah
7.	8.  5:45am - Mallory	9.	10.  5:30pm - Sarah	11.	12.	13.  9am – Kylie 10am - Sarah
14.	15.  5:45am - Mallory	16.	17.  5:30pm - Sarah	18.	19.	20.  9am – Kylie 10am - Sarah
21.	22.  5:45am - Mallory	23.	24.  5:30pm - Sarah	25.	26.	27.  9am – Kylie 10am - Sarah
28.	29.  5:45am - Mallory	30.	31.  5:30pm - Sarah			



**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