





















April MX4 Schedule



SHANNON HEALTH CLUB

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



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