





















October MX4 Schedule



SHANNON HEALTH CLUB

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



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