



September MX4 Schedule



SHANNON HEALTH CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1. 9am - Rotating	2. 9am – Kylie 10am - Sarah
3.	4. shutterstock - 3077004198	5. Noon- Rotating 7pm – Jesse (Youth)	6. 5:30pm - Sarah	7.	8. 9am – Rotating	9. 9am – Kylie 10am - Sarah
10.	11. 5:30pm - Sarah	12. Noon- Rotating 7pm – Jesse (Youth)	13. 5:30pm - Sarah	14.	15. 9am -Rotating	16. 9am – Kylie 10am - Sarah
17.	18. 5:30pm - Sarah	19. Noon – Rotating 7pm- Jesse (Youth)	20. 5:30pm - Sarah	21.	22. 9am - Rotating	23. 9am – Kylie 10am - Sarah
24.	25. 5:30pm - Sarah	26. Noon – Rotating 7pm – Jesse (Youth)	27. 5:30pm –Sarah	28.	29. 9am – Rotating	30. 9am – Kylie 10am - 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

• Youth classes are for ages 10-16. A waiver will need to be signed by parent/guardian. See Trainer for more info.