



# February MX4 Schedule



SHANNON HEALTH CLUB

SUNDAY

MONDAY













TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

**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

