



August MX4 Schedule



SHANNON HEALTH CLUB

SUNDAY

MONDAY

















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | |
|-----|--|--|---|-----|-----|--|
| | | | | 1. | 2. | 3.  9am – Kylie 10am - Sarah |
| 4. | 5.  5:30am - Mallory | 6.  5:30pm – Michael | 7.  5:30pm - Sarah | 8. | 9. | 10.  9am – Kylie 10am - Sarah |
| 11. | 12.  5:30am - Mallory | 13.  5:30pm-Michael | 14.  5:30pm - Sarah | 15. | 16. | 17.  9am – Kylie 10am - Sarah |
| 18. | 19.  5:30am - Mallory | 20.  5:30pm-Michael | 21.  5:30pm – Sarah | 22. | 23. | 24.  9am – Kylie 10am – Sarah |
| 25. | 26.  5:30am – Mallory | 27.  5:30pm-Michael | 28.  5:30pm - Sarah | 29. | 30. | 31. |



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