
















Shannon Health Club January MX4 Schedule

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

Please sign up at least 12 hours in advance, using the following link:

MX4 Packages:

1 session: \$10 5 Sessions: \$45 10 Sessions: \$80

