














Shannon Health Club March **MX4** Schedule

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

Please contact the trainer if you are interested in attending a class.

MX4 Packages:

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