

Shannon Health Club March **MX4** Schedule

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

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

MX4 Packages:

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