



















November MX4 Schedule

SHANNON HEALTH CLUB

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

MX4 Packages:

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