
















MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5:05AM	 FIT JEFF (TU/TH)		 FIT JEFF (TU/TH)			
5:45AM	 LIFE ROBERTA (M/W)		 LIFE ROBERTA (M/W)			
6:15AM	 FIT JEFF (TU/TH)		 FIT JEFF (TU/TH)		TRIBE 7 am – 8am	
7:15AM	 FIT JAQ (3:M/W/F)	 FIT 7:30 JAQ (3:TU/TH/SAT)	 FIT JAQ (3:M/W/F)	 FIT 7:30 JAQ (3:TU/TH/SAT)	 FIT JAQ (3:M/W/F)	
& 7:30AM						
8:30AM	 FIT LAUREN (2:M/W)	 LIFE LAUREN (TU/F)	 FIT LAUREN (2:M/W)		 LIFE LAUREN (TU/F)	 FIT 8:30AM JAQ (3:TU/TH/SAT)
9:45AM	 CORE JAQ (M/W)	 LIFE LAUREN (TU/F)	 CORE JAQ (M/W)		 LIFE LAUREN (TU/F)	 CORE KIM @ 9:15AM
11:00 am		 CORE KIM (TU/TH)		 CORE KIM (TU/TH)		
4:15pm	 FIT KIM (M/TH)			 FIT KIM (M/TH)		
5:35PM	 LIFE ROBERTA (M/W)		 LIFE ROBERTA (M/W)			
6:00PM		 FIT JEFF (2:TU/TH)		 FIT JEFF (2:TU/TH)		

Tribe Team Training SEASON 7 Starts NOVEMBER 9th