




























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05AM		 JEFF (TU/TH)	 JEFF (WED/FRI)	 JEFF (TU/TH)	 JEFF (WED/FRI)		
6:00AM	 ROBERTA (M/W)		 ROBERTA (M/W)				
6:15AM		 JEFF (TU/TH)		 JEFF (TU/TH)		TRIBE 7 am – 8am	
7:15AM & 7:30AM	 JAQ (3:M/W/F)	 JAQ (3:TU/TH/SAT) 7:30	 JAQ (3:M/W/F)	 JAQ (3:TU/TH/SAT) 7:30	 JAQ (3:M/W/F)		
8:30AM	 LAUREN (2:M/W)8:40		 LAUREN (2:M/W) 8:40			 8:30am JAQ (3:TU/TH/SAT)	
8:45 AM		 KIM (TU/F)		 KIM (TH/SUN)	 KIM(TU/F)		 KIM (TH/SUN) 9:00 AM
9:45 AM	 JAMIE (M/W) 9:45		 JAMIE (M/W) 9:45			 KIM 1 Day 9:35AM	
10:00 AM		 KIM (TU/TH)		 KIM (TU/TH)			
5:35 PM	 ROBERTA (M/W)		 ROBERTA (M/W)				
6:00 PM		 JEFF (2:TU/TH)		 JEFF (2:TU/TH)			

Tribe Team Training SEASON 3 Starts APRIL 26th