

MONDAY

TUESDAY





























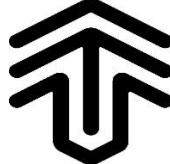
WEDNESDAY

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)				
6:15 AM	 MATT 6AM 1 DAY	 JEFF T/TH	 JEFF T/TH			
7:30 AM	 JAQ M/W/F	 RACHEL T/TH 7:15AM	 RACHEL T/TH 7:15AM	 JAQ M/W/F		
8:30AM	 MATT M/W		 MATT M/W		 JEFF 1 DAY -8 AM	
8:40 AM		 KIM T/TH	 KIM T/TH		 KIM 1 DAY 9:15 AM	
9:30 AM	 LAUREN M/W	 MATT T/TH 9:35	 LAUREN M/W	 MATT T/TH 9:35	 LAUREN M/W/F	
5:35 PM	 ROBERTA (M/W)		 ROBERTA (M/W)			
6:00 PM		 JEFF T/TH	 JEFF T/TH			

START reaching your Goals with TRIBE 2024!

January 15 – March 10