











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

ELEVATE your Fitness with Tribe Team Training!

Oct. 21st – Dec. 15th