





























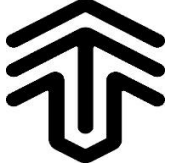


	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
5:05AM		 JEFF (TU/TH)	 JEFF (WED/FRI)	 JEFF (TU/TH)	 JEFF (WED/FRI)		
6:00AM	 ROBERTA (M/W)		 ROBERTA (M/W)				
6:15 AM	 MATT 6AM 1 DAY	 JEFF T/TH		 JEFF T/TH			
7:30 AM	 JAQ M/W/F	 JEFF T/TH 7:15AM	 JAQ M/W/F	 JEFF 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	 JETT REED 9:15 1 DAY	
5:35 PM	 ROBERTA (M/W)	 JETT 4:30 T/TH	 ROBERTA (M/W)	 JETT 4:30 T/TH	<b>NEW TIME!</b> 4:30 PM FIT T/TH WITH JETT		
6:00 PM		 JEFF T/TH		 JEFF T/TH			

**8 Weeks to a Stronger YOU with Tribe Team Training!** January 13<sup>th</sup> – March 8th