

|         | MONDAY                                                                                                               | TUESDAY                                                                                                       | WEDNESDAY                                                                                                            | THURSDAY                                                                                                        | FRIDAY                                                                                                    | SATURDAY                                                                                                            | SUNDAY                                                                                |
|---------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 5:05AM  |                                                                                                                      |  <b>JEFF (TU/TH)</b>         |  <b>JEFF (WED/FRI)</b>              |  <b>JEFF (TU/TH)</b>         |  <b>JEFF (WED/FRI)</b> |                                                                                                                     |                                                                                       |
| 6:00AM  |  <b>ROBERTA (M/W)</b>               |                                                                                                               |  <b>ROBERTA (M/W)</b>              |                                                                                                                 |                                                                                                           |                                                                                                                     |                                                                                       |
| 6:15 AM |                                                                                                                      |  <b>JEFF T/TH</b>            |                                                                                                                      |  <b>JEFF T/TH</b>            |                                                                                                           |                                                                                                                     |                                                                                       |
| 7:30 AM |  <b>JAQ M/W/F</b>                   |  <b>JEFF T/TH<br/>7:15AM</b> |  <b>JAQ M/W/F</b>                   |  <b>JEFF T/TH<br/>7:15AM</b> |  <b>JAQ M/W/F</b>      |                                                                                                                     |                                                                                       |
| 8:15 AM |                                                                                                                      |  <b>KIM T/TH</b>             |                                                                                                                      |  <b>KIM T/TH</b>             |                                                                                                           |                                                                                                                     |                                                                                       |
| 8:30 AM |  <b>MATT M/W</b>                    |                                                                                                               |  <b>MATT M/W</b>                    |                                                                                                                 |                                                                                                           |                                                                                                                     |                                                                                       |
| 9:35 AM |  <b>KIM M/W/F</b>                   |  <b>MATT T/TH<br/>9:15</b>   |  <b>KIM M/W/F</b>                   |  <b>MATT T/TH<br/>9:15</b>   |  <b>KIM M/W/F</b>      |  <b>JETT REED<br/>9:15 1 DAY</b> |                                                                                       |
| 4:30 PM | <b>TribeFLOW</b><br>JAQ/REECE<br>M/W                                                                                 |  <b>JETT<br/>5 PM T/TH</b> | <b>TribeFLOW</b><br>JAQ/REECE<br>M/W                                                                                 |  <b>JETT<br/>5 PM T/TH</b> | <b>NEW TIME!</b><br><b>5 PM LIFE T/TH<br/>WITH JETT</b>                                                   |                                | <b>2 NEW<br/>OPTIONS</b>                                                              |
| 6:00 PM |  <b>ROBERTA (M/W)<br/>5:35 PM</b> |  <b>JEFF T/TH</b>          |  <b>ROBERTA (M/W)<br/>5:35 PM</b> |  <b>JEFF T/TH</b>          |                                                                                                           |                                                                                                                     |  |

**8 Weeks to a Stronger YOU with TRIBE Team Training! MAY 5TH – JUNE 29TH**