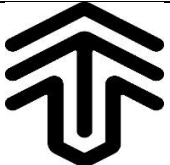


|         | MONDAY                                                                                                           | TUESDAY                                                                                                             | WEDNESDAY                                                                                                         | THURSDAY                                                                                                              | FRIDAY                                                                                                              | SATURDAY                                                                                                                  | SUNDAY                                                                                |
|---------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 5:05AM  |                                                                                                                  |  <b>FIT</b><br>JEFF (TU/TH)        |  <b>STRONG</b><br>JEFF (WED/FRI) |  <b>FIT</b><br>JEFF (TU/TH)        |  <b>STRONG</b><br>JEFF (WED/FRI) |                                                                                                                           |                                                                                       |
| 6:00AM  |  <b>LIFE</b><br>ROBERTA (M/W)   |                                                                                                                     |  <b>LIFE</b><br>ROBERTA (M/W)    |                                                                                                                       |                                                                                                                     |                                                                                                                           |                                                                                       |
| 6:15 AM |                                                                                                                  |  <b>STRONG</b><br>JEFF T/TH        |                                                                                                                   |  <b>STRONG</b><br>JEFF T/TH        |                                                                                                                     |                                                                                                                           |                                                                                       |
| 7:30 AM |  <b>FIT</b><br>JAQ M/W/F        |  <b>FIT</b><br>JEFF T/TH<br>7:15AM |  <b>FIT</b><br>JAQ M/W/F         |  <b>FIT</b><br>JEFF T/TH<br>7:15AM |  <b>FIT</b><br>JAQ M/W/F         |                                                                                                                           |                                                                                       |
| 8:15 AM |                                                                                                                  |  <b>FIT</b><br>KIM T/TH            |                                                                                                                   |  <b>FIT</b><br>KIM T/TH            |                                                                                                                     |                                                                                                                           |                                                                                       |
| 8:30 AM |  <b>FIT</b><br>MATT M/W         |                                                                                                                     |  <b>FIT</b><br>MATT M/W          |                                                                                                                       | <b>TribeFLOW</b><br>JAQ/REECE                                                                                       |                                                                                                                           |                                                                                       |
| 9:35 AM |  <b>CORE</b><br>KIM M/W/F       |  <b>FIT</b><br>MATT T/TH<br>9:20   |  <b>CORE</b><br>KIM M/W/F        |  <b>FIT</b><br>MATT T/TH<br>9:20   |  <b>CORE</b><br>KIM M/W/F        |  <b>FIT</b><br>JETT REED<br>9:15 1 DAY |                                                                                       |
| 5:35 PM |  <b>LIFE</b><br>ROBERTA (M/W) |                                                                                                                     |  <b>LIFE</b><br>ROBERTA (M/W)  |                                                                                                                       |                                                                                                                     |                                                                                                                           |                                                                                       |
| 6:00 PM |                                                                                                                  |  <b>STRONG</b><br>JEFF T/TH      |                                                                                                                   |  <b>STRONG</b><br>JEFF T/TH      |                                                                                                                     |                                                                                                                           |  |

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