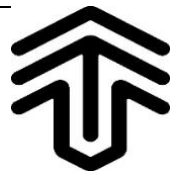


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05 AM		 FIT JEFF (TU/TH)	 STRONG JEFF (WED/FRI)	 FIT JEFF (TU/TH)	 STRONG JEFF (WED/FRI)		
6:00 AM	 LIFE ROBERTA (M/W)		 LIFE ROBERTA (M/W)				
6:15 AM		 STRONG JEFF T/TH		 STRONG JEFF T/TH			
7:30 AM	 FIT JAQ M/W/F	 FIT JEFF T/TH 7:15AM	 FIT JAQ M/W/F	 FIT JEFF T/TH 7:15AM	 FIT JAQ M/W/F		
8:15 AM		 FIT KIM T/TH		 FIT KIM T/TH		BOX ROX RICK/JETT 8 AM	
8:30 AM	 FIT MATT M/W		 FIT MATT M/W		 STRONG KIM 1 DAY		
9:35 AM	 CORE KIM M/W/F	 FIT MATT T/TH 9:20	 CORE KIM M/W/F	 FIT MATT T/TH 9:20	 CORE KIM M/W/F	 FIT 9:15 AM DAY 3 Add On	
5:35 PM	 LIFE ROBERTA (M/W)	JETT SG 4:15	 LIFE ROBERTA (M/W)	JETT SG 4:15			
6:00 PM		 STRONG JEFF T/TH		 STRONG JEFF T/TH			

Start 2026 with 8 Weeks of TRIBE Team Training!

January 12 - 17