
































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

Start 2026 with 8 Weeks of TRIBE Team Training!

March 9 – May 3