



TRIBE
TEAM
TRAINING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	TRIBE CORI CORE		TRIBE CORI CORE			
6:00AM		TRIBE TOM CORE		TRIBE TOM CORE		
6:30AM	TRIBE CORI FIT	TRIBE CORI CORE	TRIBE CORI FIT	TRIBE CORI CORE		
7:00AM		TRIBE CORI FIT		TRIBE CORI FIT		
7:30AM	TRIBE GRETA LIFE		TRIBE GRETA LIFE			
8:00AM				TRIBE SHELBY FIT		TRIBE SHELBY FIT
8:30AM						
9:00AM						
9:30AM						
10:00AM						
10:30AM						
11:00AM	TRIBE SHELBY LIFE		TRIBE SHELBY LIFE			
11:30AM						
12:00PM	TRIBE MATT FIT	TRIBE GRETA LIFE	TRIBE MATT FIT	TRIBE GRETA LIFE		
12:30PM						
1:00PM						
4:00PM						
4:30PM						
5:00PM		TRIBE TY FIT		TRIBE TY FIT		
5:30PM	TRIBE DANIEL FIT		TRIBE DANIEL FIT			
6:00PM		TRIBE TY LIFE		TRIBE TY LIFE		
6:30PM						
7:00PM						

SEASON TWO TRIAL WEEK - March 4-8