



**TRIBE  
TEAM  
TRAINING**



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

**SEASON 3 TRIAL WEEK - April 22-26**