



TRIBE  
TEAM  
TRAINING

7/29-8/2  
SIGN UP BY 7/26

  
RAC  
RAINTREE ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		TRIBE CORI <b>CORE</b>		TRIBE CORI <b>CORE</b>		
6:00AM						
6:30AM		TRIBE CORI <b>FIT</b>		TRIBE CORI <b>FIT</b>		
7:00AM						
7:30AM		TRIBE SHELBY <b>LIFE</b>		TRIBE SHELBY <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 SHELBY <b>FIT</b>		TRIBE SHELBY <b>FIT</b>			
12:30PM						
1:00PM						
4:00PM						
4:30PM						
5:00PM						
5:30PM	TRIBE TOM <b>CORE</b>		TRIBE TOM <b>CORE</b>			
6:00PM						
6:30PM						
7:00PM						

SEASON 5 TRIAL WEEK CALENDAR