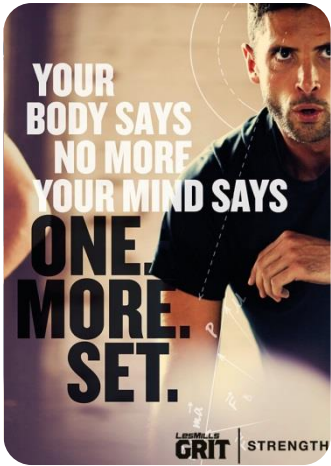


# LES MILLS GRIT™ STRENGTH

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

RESULTS START HERE



## 2021 LES MILLS GRIT Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:15am Erin/Shannon (S1)				
			8:15-8:45am Brooke (S1)		7:15-7:45am Amy/Erin Shannon (S1) <b>Starts Oct 9</b>	
9:00-9:30am Brooke (S1)						
	12:15-12:45pm Sarah (S1)		12:15-12:45pm Sarah/Erin (S1)			
					6 Classes Per week	