


# TRIBE





## WHERE RESULTS ARE INEVITABLE!

**SEASON 4: 6/27 - 8/19**  
⤴ 2 TIMES A WEEK - 8 WEEK PROGRAM

**FREE TRIAL CLASS: SAT 6/25**  
⤴ LIFE, KIDS, FIT - 9AM  
⤴ CORE - 8AM



### TRIBE TEAM TRAINING | SCHEDULE

TRIBE LIFE		TRIBE FIT		TRIBE CORE	TRIBE KIDS
<b>M/W</b> 6:00AM – Brinda 8:30AM – Brinda 9:30AM – Ashley (virtual only) 9:30AM - Morgan 10:45AM - Ashley 4:00PM - Morgan 5:00PM - Morgan	<b>T/TH</b> 10:45AM – Audrey 5:00PM – Morgan 6:00PM - Morgan	<b>M/W</b> 8:30AM – David 9:30AM – David 5:00PM – David 6:00PM – David 7:00PM – David  <b>T/F</b> 11:00AM – MerryAnne	<b>T/TH</b> 6:00AM – Danelle 8:30AM – Theresa 9:45AM – Theresa 4:00PM – David 5:00PM - David 6:00PM - Dani 7:00PM - Dani	<b>M/W</b> 7:00AM - Danelle 12:00PM - Kristy  <b>T/TH</b> 7:00AM - Brinda	<b>M</b> 4:30PM – MerryAnne  <b>T</b> 5:00PM – MerryAnne 6:00PM - MerryAnne (Middle School ages)

WANT MORE INFORMATION? SCAN THE QR CODE AND A COACH WILL CONTACT YOU!

