

TRIBE

WHERE RESULTS ARE INEVITABLE!



SEASON 5: 2 TIMES A WEEK - 8 WEEK PROGRAM
FREE TRIAL CLASS: SAT 8/20
9AM - FIT | LIFE | KIDS
10AM - CORE



TRIBE TEAM TRAINING | SCHEDULE

TRIBE LIFE		TRIBE FIT		TRIBE CORE	TRIBE KIDS
M/W 6:00AM – Brinda 8:30AM – Brinda 9:30AM - Morgan 10:45AM - Ashley 4:00PM - Morgan	T/TH 5:00PM – Morgan 6:00PM - Morgan	M/W 8:30AM – David 9:30AM – David 5:00PM – David 6:00PM – David 7:00PM – David	T/TH 8:30AM – Theresa 9:45AM – Theresa 4:00PM – David 5:00PM - David 6:00PM - Dani 7:00PM - Dani	M/W 7:00AM - Kristy T/TH 7:00AM - Brinda	W 4:30PM - Melody 5:30PM - Melody
		T/F 11:00AM – MerryAnne			

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



GRESHAM