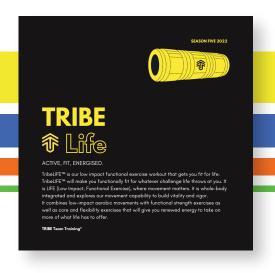
WHERE RESULTS ARE INEVITABLE!









SEASON 5: EDEE TDIAL 2 TIMES A WEEK - 8 WEEK PROGRAM

FREE TRIAL CLASS: SAT 8/20

9AM - FIT | LIFE | KIDS 10AM - CORE

IOAM - CC



TRIBE TEAM TRAINING | SCHEDULE

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 TRIBE

M/W

8:30AM – David 9:30AM – David

5:00PM – David 6:00PM – David

7:00PM – David

T/F

11:00AM - MerryAnne

T/TH 8:30AM – 1

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 - Brinde

HIDS

W

4:30PM - Melody 5:30PM - Melody

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





