

LES MILLS
GRIT

Strength LES MILLS
Development

SUN	MON	TUE	WED	THU	FRI	SAT
1 cardio	2	3	4 cardio	5	6	7
8	9	10	11 athletic	12	13	14
15	16	17	18 strength	19	20	21
22	23	24	25 cardio	26	27	28 No.17
29	30	31				