

LES MILLS
GRIT

Strength LES MILLS
Development

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