

# LES MILLS Shapes

# LES MILLS GRIT

# LES MILLS THE TRIP

SUN	MON	TUE	WED	THU	FRI	SAT
						1 No.38
2 cardio	3	4	5 No.6(POWER YOGA) athletic	6	7	8 No.38
9 athletic	10	11	12 No.1(PILATES) strength	13	14	15 No.38
16 strength	17	18	19 No.1(POWER YOGA) cardio	20	21	22 No.??
23 cardio	24	25	26 No.1(PILATES) athletic	27	28	