

LES MILLS
GRIT

LES MILLS
THE TRIP

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