

LES MILLS Shapes

LES MILLS GRIT

LES MILLS THE TRIP

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 SHAPES③PI cardio	5	6	7 THE TRIP35
8	9	10	11 SHAPES③PY athletic	12	13	14 THE TRIP35
15 cardio	16	17	18 SHAPES④PI strength	19	20	21 THE TRIP36
22 athletic	23	24	25 SHAPES④PY Cardio	26	27	28
29	30					