



TRIBE FIT

<u>DAYS</u>	<u>TIME</u>	<u>COACH</u>
Tues/Thurs	5:05 AM	JEFF
Wed/Fri	5:05 AM	JEFF
Mon (1-day)	6:15 AM	MATT
Tues/Thurs	6:15 AM	JEFF
Mon/Wed/Fri	7:30 AM	JAQ
Tues/Thurs	7:15 AM	RACHEL
Mon/Wed	8:30 AM	MATT
Tues/Thurs	8:15 AM	KIM
Tues/Thurs	9:35 AM	MATT
Tues/Thurs	6:00 PM	JEFF

TRIBE LIFE

<u>DAYS</u>	<u>TIME</u>	<u>COACH</u>
Mon/Wed	6:00 AM	ROBERTA
Mon/Wed	5:35 PM	ROBERTA

TRIBE CORE

<u>DAYS</u>	<u>TIME</u>	<u>COACH</u>
Mon/Wed/Fri	9:30 AM	LAUREN/KIM

TRIBE PUNCH

<u>DAYS</u>	<u>TIME</u>	<u>COACH</u>
Fri	6:00 AM	JEFF

TRIBE KIDS

<u>DAYS</u>	<u>TIME</u>	<u>COACH</u>
Sat	9:15 AM	KIM