

September



GRIT



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1 LET yourself REST.

2 LESMILLS GRIT[™] CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

3 ATHLETIC
LESMILLS GRIT

4 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

5 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

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9 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

10 LESMILLS GRIT[™] CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

11 ATHLETIC
LESMILLS GRIT

12 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

13 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

14 LESMILLS GRIT[™] CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

15 LET yourself REST

16 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

17 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

18 LESMILLS GRIT[™] CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

19 ATHLETIC
LESMILLS GRIT

20 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

21 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

22 LET yourself REST

23 ATHLETIC
LESMILLS GRIT

24 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

25 LESMILLS GRIT[™] STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

26 LESMILLS GRIT[™] CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

27 ATHLETIC
LESMILLS GRIT

28 INSTRUCTOR CHOICE
GRIT.[™]
PUSH YOURSELF TO THE LIMIT

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30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



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