

OCTOBER

GRIT

SUN

MON

TUE

WED

THU

FRI

SAT

1 **ATHLETIC**
LES MILLS GRIT

2 **INSTRUCTOR CHOICE**
GRIT.
PUSH YOURSELF TO THE LIMIT

3 **LES MILLS GRIT STRENGTH**
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

4 **LES MILLS GRIT CARDIO**
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

5 **ATHLETIC**
LES MILLS GRIT

6 *LET YOURSELF REST.*

7 **LES MILLS GRIT STRENGTH**
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

8 **LES MILLS GRIT CARDIO**
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

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