

February

GRIT

SUN MON TUE WED THU FRI SAT

						1 ATHLETIC LES MILLS GRIT
2 LET YOURSELF REST.	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 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT	7 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	8 LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
9 LET YOURSELF REST.	10 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT	11 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	12 LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	13 ATHLETIC LES MILLS GRIT	14 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT	15 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
16 LET YOURSELF REST.	17 ATHLETIC LES MILLS GRIT	18 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT	19 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	20 LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	21 ATHLETIC LES MILLS GRIT	22 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT
23 LET YOURSELF REST.	24 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	25 Happy MARDI GRAS	26 INSTRUCTOR CHOICE GRIT. PUSH YOURSELF TO THE LIMIT	27 LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	28 LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	29 LES MILLS GRIT

