

# March 2020 GRIT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 LET yourself REST.	2 LES MILLS GRIT   ATHLETIC	3 LES MILLS GRIT   INSTRUCTOR CHOICE	4 LES MILLS GRIT   CARDIO	5 LES MILLS GRIT   STRENGTH	6 LES MILLS GRIT   ATHLETIC	7 LES MILLS GRIT   INSTRUCTOR CHOICE	
8 LET yourself REST.	9 LES MILLS GRIT   STRENGTH	10 LES MILLS GRIT   ATHLETIC	11 LES MILLS GRIT   INSTRUCTOR CHOICE	12 LES MILLS GRIT   CARDIO	13 LES MILLS GRIT   STRENGTH	14 LES MILLS GRIT   ATHLETIC	
15 LET yourself REST.	16 LES MILLS GRIT   CARDIO	17 St Patrick's Day LES MILLS GRIT   STRENGTH	18 LES MILLS GRIT   ATHLETIC	19 LES MILLS GRIT   INSTRUCTOR CHOICE	20 LES MILLS GRIT   CARDIO	21 LES MILLS GRIT   STRENGTH	
22 LET yourself REST.	23 LES MILLS GRIT   INSTRUCTOR CHOICE	24 LES MILLS GRIT   CARDIO	25 LES MILLS GRIT   STRENGTH	26 LES MILLS GRIT   ATHLETIC	27 LES MILLS GRIT   INSTRUCTOR CHOICE	28 LES MILLS GRIT   CARDIO	
29 LET yourself REST.	30 LES MILLS GRIT   ATHLETIC	31 LES MILLS GRIT   INSTRUCTOR CHOICE	1 LES MILLS GRIT   CARDIO	2 LES MILLS GRIT   STRENGTH	3 LES MILLS GRIT   ATHLETIC	4 LES MILLS GRIT   INSTRUCTOR CHOICE	
5 LET yourself REST.	6 LES MILLS GRIT   STRENGTH	Notes					