

# JULY

# GRIT

SUN

MON

TUE

WED

THU

FRI

SAT

1

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

2

ATHLETIC

LES MILLS  
**GRIT™**

3

INSTRUCTOR  
CHOICE

**GRIT™**  
PUSH YOURSELF TO  
THE LIMIT

4



5

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

6

ATHLETIC

LES MILLS  
**GRIT™**

7

LET  
yourself  
REST.

8

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

9

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

10

ATHLETIC

LES MILLS  
**GRIT™**

11

INSTRUCTOR  
CHOICE

**GRIT™**  
PUSH YOURSELF TO  
THE LIMIT

12

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

13

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

14

LET  
yourself  
REST.

15

INSTRUCTOR  
CHOICE

**GRIT™**  
PUSH YOURSELF TO  
THE LIMIT

16

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

17

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

18

ATHLETIC

LES MILLS  
**GRIT™**

19

INSTRUCTOR  
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20

LES MILLS  
**GRIT™ STRENGTH**  
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21

LET  
yourself  
REST.

22

ATHLETIC

LES MILLS  
**GRIT™**

23

INSTRUCTOR  
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THE LIMIT

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

25

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

26

ATHLETIC

LES MILLS  
**GRIT™**

27

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28

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29

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

30

ATHLETIC

LES MILLS  
**GRIT™**

31

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