

November

GRIT

SUN

MON

TUE

WED

THU

FRI

SAT

3 LET yourself REST.

10 LET yourself REST.

17 LET yourself REST.

24 LET yourself REST.

4 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

11 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

18 ATHLETIC
LESMILLS GRIT

25 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

5 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

12 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

19 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

26 ATHLETIC
LESMILLS GRIT

6 ATHLETIC
LESMILLS GRIT

13 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

20 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

27 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

7 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

14 ATHLETIC
LESMILLS GRIT

21 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

THERE IS always A REASON TO BE thankful

1 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

8 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

15 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

22 ATHLETIC
LESMILLS GRIT

29 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

2 ATHLETIC
LESMILLS GRIT

9 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

16 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

23 INSTRUCTOR CHOICE
GRIT.
PUSH YOURSELF TO THE LIMIT

30 ATHLETIC
LESMILLS GRIT

