

2021

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
01 LES MILLS GRIT INSTRUCTOR CHOICE	02 LES MILLS GRIT CARDIO	03 LES MILLS GRIT STRENGTH	04 LES MILLS GRIT ATHLETIC	05 LES MILLS GRIT INSTRUCTOR CHOICE	06 LES MILLS GRIT CARDIO	07 <i>LET yourself REST.</i>	
08 LES MILLS GRIT ATHLETIC	09 LES MILLS GRIT INSTRUCTOR CHOICE	10 LES MILLS GRIT CARDIO	11 LES MILLS GRIT STRENGTH	12 LES MILLS GRIT ATHLETIC	13 LES MILLS GRIT INSTRUCTOR CHOICE	14 <i>LET yourself REST.</i>	
15 LES MILLS GRIT STRENGTH	16 LES MILLS GRIT ATHLETIC	17 LES MILLS GRIT INSTRUCTOR CHOICE	18 LES MILLS GRIT CARDIO	19 LES MILLS GRIT STRENGTH	20 LES MILLS GRIT ATHLETIC	21 <i>LET yourself REST.</i>	
22 LES MILLS GRIT CARDIO	23 LES MILLS GRIT STRENGTH	24 LES MILLS GRIT ATHLETIC	25 LES MILLS GRIT INSTRUCTOR CHOICE	26 LES MILLS GRIT CARDIO	27 LES MILLS GRIT STRENGTH	28 <i>LET yourself REST.</i>	
01 LES MILLS GRIT INSTRUCTOR CHOICE	02 LES MILLS GRIT CARDIO	03 LES MILLS GRIT STRENGTH	04 LES MILLS GRIT ATHLETIC	05 LES MILLS GRIT INSTRUCTOR CHOICE	06 LES MILLS GRIT CARDIO	07 <i>LET yourself REST.</i>	
08 LES MILLS GRIT ATHLETIC	09 LES MILLS GRIT INSTRUCTOR CHOICE	Notes:					