

2021

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 LES MILLS GRIT CARDIO	02 LES MILLS GRIT STRENGTH	03 LES MILLS GRIT ATHLETIC	04 LES MILLS GRIT INSTRUCTOR CHOICE	05 LES MILLS GRIT CARDIO	06 LES MILLS GRIT ATHLETIC	07 <i>LET yourself REST.</i>
08 LES MILLS GRIT INSTRUCTOR CHOICE	09 LES MILLS GRIT CARDIO	10 LES MILLS GRIT STRENGTH	11 LES MILLS GRIT ATHLETIC	12 LES MILLS GRIT INSTRUCTOR CHOICE	13 LES MILLS GRIT CARDIO	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 INSTRUCTOR CHOICE	23 LES MILLS GRIT CARDIO	24 LES MILLS GRIT STRENGTH	25 LES MILLS GRIT ATHLETIC	26 LES MILLS GRIT INSTRUCTOR CHOICE	27 LES MILLS GRIT CARDIO	28 <i>LET yourself REST.</i>
29 LES MILLS GRIT STRENGTH	30 LES MILLS GRIT ATHLETIC	31 LES MILLS GRIT INSTRUCTOR CHOICE	01	02	03	04 <i>LET yourself REST.</i>