


JULY 2020 GRIT

SUMMER

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