

SEPTEMBER 2020

GRIT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <i>LET yourself REST.</i>	31 LES MILLS GRIT STRENGTH	1 LES MILLS GRIT ATHLETIC	2 LES MILLS GRIT INSTRUCTOR CHOICE	3 LES MILLS GRIT CARDIO	4 LES MILLS GRIT STRENGTH	5 LES MILLS GRIT ATHLETIC
6 <i>LET yourself REST.</i>	7 LES MILLS GRIT CARDIO	8 LES MILLS GRIT STRENGTH	9 LES MILLS GRIT ATHLETIC	10 LES MILLS GRIT INSTRUCTOR CHOICE	11 LES MILLS GRIT CARDIO	12 LES MILLS GRIT STRENGTH
13 <i>LET yourself REST.</i>	14 LES MILLS GRIT INSTRUCTOR CHOICE	15 LES MILLS GRIT CARDIO	16 LES MILLS GRIT STRENGTH	17 LES MILLS GRIT ATHLETIC	18 LES MILLS GRIT INSTRUCTOR CHOICE	19 LES MILLS GRIT CARDIO
20 <i>LET yourself REST.</i>	21 LES MILLS GRIT ATHLETIC	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 <i>LET yourself REST.</i>	28 LES MILLS GRIT STRENGTH	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
4 <i>LET yourself REST.</i>	5 LES MILLS GRIT CARDIO	Notes				

