

# OCTOBER 2020

## GRIT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	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 <i>LET yourself REST.</i>	12 LES MILLS GRIT   INSTRUCTOR CHOICE	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 <i>LET yourself REST.</i>	19 LES MILLS GRIT   ATHLETIC	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 <i>LET yourself REST.</i>	26 LES MILLS GRIT   STRENGTH	27 LES MILLS GRIT   ATHLETIC	28 LES MILLS GRIT   INSTRUCTOR CHOICE	29 LES MILLS GRIT   CARDIO	30 LES MILLS GRIT   STRENGTH	31 Happy Halloween LES MILLS GRIT   ATHLETIC
1 <i>LET yourself REST.</i>	2 LES MILLS GRIT   CARDIO	Notes				

