

GRIT

MONTHLY MODALITY CALENDAR



MON	TUES	WED	THURS	FRI	SAT
7:30am CONCHES CHOICE	10:15am 6:30pm CONCHES CHOICE	7:30am 4:30pm CONCHES CHOICE	5:30am 18:15am 8:30pm CONCHES CHOICE	7:30am CONCHES CHOICE	7:15am #WORKOUT LIKE NINA
#WORKOUT LIKE NINA	#WORKOUT LIKE NINA	#WORKOUT LIKE NINA	#WORKOUT LIKE NINA	#WORKOUT LIKE NINA	STRENGTH
7:30am	10:15am 5:30pm	7:30am 4:30pm	5:30am 18:15am 8:30pm	7:30am	7:15am
STRENGTH	PLYO	PLYO	CARDIO MIX	CARDIO MIX	PLYO
7:30am	10:15am 5:30pm	7:30am 4:30pm	5:30am 18:15am 8:30pm	7:30am	7:15am
PLYO	CARDIO	CARDIO	STRENGTH	STRENGTH	CARDIO
7:30am	10:15am 5:30pm	7:30am 4:30pm	5:30am 18:15am 8:30pm	7:30am	7:15am
CARDIO	STRENGTH	STRENGTH	PLYO	PLYO	STRENGTH MIX
7:30am	10:15am 5:30pm	7:30am 4:30pm	5:30am 18:15am 8:30pm	7:30am	7:15am
STRENGTH MIX	PLYO MIX	PLYO MIX	CARDIO MIX	CARDIO MIX	COACHES CHOICE
7:30am	10:15am 5:30pm	7:30am 4:30pm	5:30am 18:15am 8:30pm	7:30am	7:15am

GRIT LAKEWOOD RANCH

* Come check out the new cardio release #WorkoutLikeNina. this release is full of lots of super fun moves and some really cool surprises! :-)

* WHY TRY LES MILLS * GRIT??

You'll be addicted to the results. These HIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn!! GET TO A CLASS TODAY!!

- YOUR GRIT TEAM - CAROL, NATASHA, HEATHER, TAYA ANDRES, JULIE, JASON & ANELIA