















TribeTeamTraining™

Season 1 2021 (Jan 18 - Feb 28)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	 Coach Megan		 Coach Megan			
8am		 Coach Roz	 Coach Jenny	 Coach Roz	 Coach Jenny	
9am		 Coach Janet		 Coach Janet		
10a						  Make-Up Session
5:30p	 Coach Roz		 Coach Roz			
6pm		 Coach Mandy		 Coach Mandy		



TRIBELIFE is a low impact, functional training program that will help improve your strength, balance, stability, and cardiovascular health. TribeLife™ follows a 6 week, progressive series of workouts that use unique equipment, dynamic and functional movement, as well as mobility sequences to get your body moving better than before!



TRIBEFIT can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regime. TribeFIT™ will increase your strength and endurance, burn fat and calories and produce functional, full body fitness results leaving you looking and feeling amazingly fit!



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