

September



GRIT



SUN

MON

TUE

WED

THU

FRI

SAT

1 LET yourself REST.

2 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

3 ATHLETIC
LESMILLS GRIT

4 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

5 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

6 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

7 ATHLETIC
LESMILLS GRIT

8 LET yourself REST.

9 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

10 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

11 ATHLETIC
LESMILLS GRIT

12 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

13 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

14 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

15 LET yourself REST.

16 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

17 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

18 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

19 ATHLETIC
LESMILLS GRIT

20 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

21 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

22 LET yourself REST.

23 ATHLETIC
LESMILLS GRIT

24 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

25 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

26 LESMILLS GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

27 ATHLETIC
LESMILLS GRIT

28 INSTRUCTOR CHOICE
GRIT. PUSH YOURSELF TO THE LIMIT

29 LET yourself REST.

30 LESMILLS GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

