



**TRIBE**  
TEAM TRAINING



An Innovation in Group Personal Training



**Monday**  
**Sept 18**

**Tuesday**  
**Sept 19**

**Wednesday**  
**Sept 20**

**Thursday**  
**Sept 21**

**Friday**  
**Sept 22**

**5:30am - 6:30am**  
**TribeLIFE - KYLE**

**5:30am - 6:30am**  
**TribeFIT - KYLE**

**5:30am - 6:30am**  
**TribeLIFE - KYLE**

**5:30am - 6:30am**  
**TribeFIT - KYLE**

**6:45am - 7:45am**  
**TribeCORE - KRIS**

**6:45am - 7:45am**  
**TribeCORE - KRIS**

**9:00am - 10:00am**  
**TribeFIT - KAYLA**

**8:00am - 9:00am**  
**TribeLIFE - DAVE**

**8:30am - 9:30am**  
**TribeLIFE - MIKE**

**8:00am - 9:00am**  
**TribeLIFE - DAVE**

**8:30am - 9:30am**  
**TribeLIFE - MIKE**

**10:00am - 11:00am**  
**TribeFIT - KYLE**

**9:00am - 10:00am**  
**TribeFIT - KAYLA**

**10:00am - 11:00am**  
**TribeFIT - KYLE**

Contact Kris Walter ( [walter@lclub.com](mailto:walter@lclub.com)) or Kyle Lange ( [langek@lclub.com](mailto:langek@lclub.com)) for more information  
Register online at [www.lclub.com](http://www.lclub.com) | Online Services or at the Front Desk