

ONE UNIT

ONE TEAM

ONE TRIBE

Contact Kris (walter@lclub.com) or Kayla (klinkk@lclub.com) for more information



FREE TRIAL WEEK JUNE 10 - 14th

MONDAY

TRIBE
FIT 5:30am | Kris
TRIBE
FIT 8:45am | Kris
TRIBE
LIFE 10:00am | Kris

TUESDAY

TRIBE
LIFE 6:45am | Mike
TRIBE
FIT 6:00pm | Mike

THURSDAY

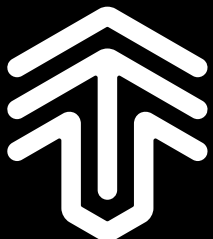
TRIBE
LIFE 5:30am | Kris
TRIBE
LIFE 6:45am | Kris
TRIBE
FIT 8:45am | Kris
TRIBE
FIT 6:00pm | Mike

FRIDAY

TRIBE
LIFE 10:00am | Kris

Register online at www.lclub.com | My LCRAC App | Front Desk

Season schedule dependent on member registration



TRIBE TEAM TRAINING