

**ONE UNIT**

**ONE TEAM**

**ONE TRIBE**

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



# SEASON 3

## April 29th - June 7th

### MONDAY

TRIBE  
**FIT** 5:30am | LeeAnn  
TRIBE  
**FIT** 8:45am | Kayla

### TUESDAY

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

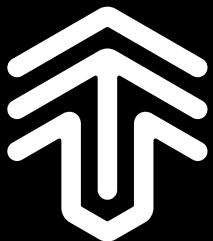
### WEDNESDAY

TRIBE  
**FIT** 5:30am | LeeAnn

### THURSDAY

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

Register online at [www.lclub.com](http://www.lclub.com) | My LCRAC App | Front Desk



# TRIBE TEAM TRAINING