

ONE UNIT

ONE TEAM

ONE TRIBE

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



SEASON 4

June 17th - July 26th

MONDAY

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

TUESDAY

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

WEDNESDAY

TRIBE
FIT 5:30am | Angela

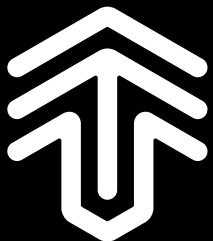
THURSDAY

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

FRIDAY

TRIBE
LIFE 10:00am | Angela

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



TRIBE TEAM TRAINING