Healthtrax

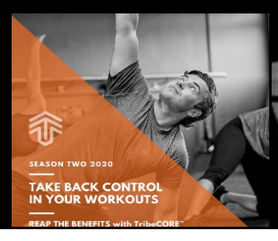
TRIBE TEAM TRAINING

2024 Season 2 runs March 11th through May 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
			7am TRIBE FIT Moe		
8am TRIBE LIFE Allison G	9am TRIBE LIFE Horton	8am TRIBE LIFE Allison G	9am TRIBE LIFE Horton		
10am TRIBE LIFE Helena		10am TRIBE LIFE Helena			
530p TRIBE FIT Moe		530p TRIBE FIT Moe			
630p TRIBE CORE Suzie		630p TRIBE CORE Suzie			

Contact Ryan, RUNSWORTH@HEALTHTRAX.NET 919.847.2393, ext 380 HEALTHTRAX.COM

Season 3 starts May 6th & runs through June 29th



STRONGFIRST
THE SCHOOL OF STRENGTH