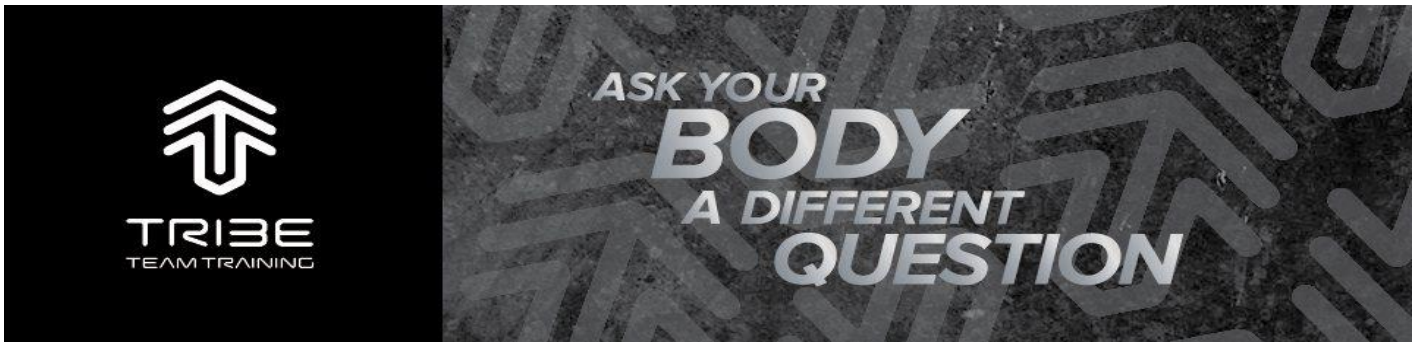

SEASON 1 FREE TRIAL WEEK: January 14th – January 19th
SEASON 1: January 21st – March 2nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			TRIBE FIT Carlos (f)		TRIBE FIT Carlos (w)	
7:00am	TRIBE CORE 7:15 Cameron (f)	TRIBE LIFE Cameron (th)		TRIBE LIFE Cameron (tu)	TRIBE CORE 7:15 Cameron (m)	
8:30am						TRIBE LIFE 8:00 Holly (w)
9:00am						TRIBE CORE Holly (Day 1)
9:30am	TRIBE LIFE Jen (w)	TRIBE CORE Holly (f)	TRIBE LIFE Jen (m)	TRIBE LIFE Jen (tu)	TRIBE CORE Holly (tu)	
10:30am	TRIBE FIT Jen (w)	TRIBE LIFE Jen (th)	TRIBE FIT Jen (m)			
4:00pm	TRIBE CORE Henri (w)	TRIBE LIFE Henri (th)	TRIBE CORE Henri (m)	TRIBE LIFE Henri (tu)		
5:00pm			TRIBE LIFE Holly (sat)		TRIBE FIT Henri (tu)	
5:15pm	TRIBE LIFE Holly (th)	TRIBE FIT Henri (f)		TRIBE LIFE Holly (m)		
6:00pm			TRIBE LIFE Henri (f)		TRIBE LIFE Henri (w)	
6:15pm	TRIBE LIFE Holly (w)	TRIBE FIT Genn (th)	`	TRIBE FIT Genn (tu)		
7:15pm	TRIBE LIFE Genn (th)		TRIBE LIFE Holly (m)	TRIBE LIFE Genn (m)		

SEASON 2 FREE TRIAL WEEK: March 4th – March 9th