


TRIBE TEAM TRAINING


MONDAY

5:00 A.M.

 **TRIBE PUNCH**


GREEN ROOM

5:00 A.M.

 **TRIBE CORE**


BLUE ROOM

9:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

5:00 P.M.

 **TRIBE LIFE**

BLUE ROOM


6:00 P.M.

 **TRIBE LIFE**

BLUE ROOM


TUESDAY

5:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

5:00 A.M.

 **TRIBE CORE**


GREEN ROOM

5:00 A.M.

 **TRIBE FIT**


ORANGE ROOM

9:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

9:00 A.M.

 **TRIBE CORE**

GREEN ROOM


12:00 P.M.

 **TRIBE FIT**

GREEN ROOM


WEDNESDAY

5:00 A.M.

 **TRIBE PUNCH**


GREEN ROOM

5:00 A.M.

 **TRIBE CORE**


BLUE ROOM

9:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

5:00 P.M.

 **TRIBE LIFE**

BLUE ROOM


6:00 P.M.

 **TRIBE LIFE**

BLUE ROOM


THURSDAY

5:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

5:00 A.M.

 **TRIBE CORE**


GREEN ROOM

5:00 A.M.

 **TRIBE FIT**


ORANGE ROOM

9:00 A.M.

 **TRIBE LIFE**


BLUE ROOM

9:00 A.M.

 **TRIBE CORE**

GREEN ROOM

12:00 P.M.

 **TRIBE FIT**

GREEN ROOM

SEASON I

TRIAL WEEK STARTS JAN. 11
SEASON 1 STARTS JAN. 18