

# **TRIBE ZONE** ***TIMETABLE***

Please note that the Tribe Zone will be unavailable for use at the below times unless you are participating in the session.

<b>Monday 09:15 -10:00</b>	<b>SURVIVE</b>	<b>Jo</b>
<b>Monday 11:00 - 11:50</b>	<b>STRONGER FOR LONGER</b>	<b>Claire</b>
<b>Monday 18:30 - 19:15</b>	<b>MENOPAUSE MASTERY</b>	<b>Claire</b>
<b>Tuesday 12:30 -13:15</b>	<b>POWER UP</b>	<b>Jo</b>
<b>Tuesday 18:30 -19:15</b>	<b>4MIND4BODY</b>	<b>Claire</b>
<b>Wednesday 07:00 - 07:45</b>	<b>BURN</b>	<b>Jo</b>
<b>Wednesday 11:00 - 11:45</b>	<b>BULLETPROOF YOUR BODY</b>	<b>Claire</b>
<b>Thursday 12:30 - 13:15</b>	<b>SURVIVE</b>	<b>Mark</b>
<b>Thursday 17:45 - 18:30</b>	<b>EXPLODE</b>	<b>Mark</b>
<b>Friday 06:30 - 07:15</b>	<b>SURVIVE</b>	<b>Mark</b>
<b>Friday 11:00 - 11:45</b>	<b>BULLETPROOF YOUR BODY</b>	<b>Claire</b>
<b>Friday 12:30 - 13:15</b>	<b>EXPLODE</b>	<b>Jo</b>
<b>Friday 17:15 - 18:00</b>	<b>BURN</b>	<b>Jo</b>
<b>Saturday 08:10 - 08:55</b>	<b>4MIND4BODY</b>	<b>Claire</b>
<b>Saturday 10:30 - 11:15</b>	<b>POWER UP</b>	<b>Mark</b>

**Join The Tribe and fast track your way to results**