



TEAM TRAINING SCHEDULE

MON.

7:00 am - TribeFIT
10:00 am - TribeLIFE
11:15 am - TribeCORE
2:00 pm TribeLIFE
5:30 pm- TribeCORE

TUE

5:15 am - TribeCORE
10:00 am - TribeFIT
11:15 am - TribeLIFE
5:30 pm - TribeFIT

WED.

7:00 am - TribeFIT
10:00 am - TribeLIFE
11:15 am - TribeCORE
2:00 pm - TribeLIFE
5:30 pm - TribeCORE

THU

5:15 am - TribeCORE
10:00 am - TribeFIT
11:15 am - TribeLIFE
5:30 pm - TribeFIT

FRI.

7:00 am - TribeFIT
10:00 am - TribeLIFE
11:15 am - TribeCORE
2:00 pm - TribeLIFE

SAT.

10:00 am - TribeLIFE

TEAM TRAINING DESCRIPTIONS

TRIBECORE

TribeCORE members will experience intelligent training that is designed to bring new levels of strength, support, and flexibility through their back, bum, belly and shoulders. This will bring them structural longevity and pain-free movement, a slimmer waistline and firm strong abs.

TRIBEFIT

TribeFIT members will experience results-based high quality High Intensity Functional Fitness that is designed to bring them to new levels of strength, mobility and conditioning. Members can expect to be challenged and encouraged to fulfill their fitness potential.

TRIBELIFE

TribeLIFE is Low Impact Functional Movement (L.I.F.E.) where movement matters. It is whole body integrated and explores our movement capability to build vitality and vigor. This program allows us to be kind to our joints while achieving the right intensity to decrease body fat, increase energy levels and be stronger, fitter and more mobile session after session.