



TRIBE TEAM TRAINING

SEASON 1, 2019 SCHEDULE

Free Trial Week starts 1/14 • Season 1 starts 1/21

MON	TUES	WED	THUR	FRI	SAT
	TribelIFE 5:45am Jamie	TribefIT 6:00am Sabrina	TribelIFE 5:45am Jamie	TribefIT 6:00am Sabrina	
TribecORE 9:30am Morgan	TribelIFE 9:30am Heather	TribecORE 9:30am Morgan	TribelIFE 9:30am Heather		
TribefIT 1:00pm Sabrina		TribefIT 1:00pm Sabrina		<p>SEASON 1 2019</p> <p>Registration opens: 1/7</p> <p>Free Trial Week starts: 1/14</p> <p>Season starts: 1/21</p>	
TribecORE 4:30pm Morgan	TribelIFE 4:30pm Sean	TribecORE 4:30pm Morgan	TribelIFE 4:30pm Sean		
TribefIT 5:30pm Sabrina	TribelIFE 5:30pm Morgan	TribefIT 5:30pm Sabrina	TribelIFE 5:30pm Morgan		
	TribecORE 7:00pm Steph		TribecORE 7:00pm Steph		

Questions? You are welcome to contact our head coach:

Sean Rimmer

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