

# July

◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 REST DAY!	2 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	3 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	4 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	5 GRIT™ PUSH YOURSELF TO THE LIMIT	6 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	7 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
8 REST DAY!	9 GRIT™ PUSH YOURSELF TO THE LIMIT	10 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	11 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	12 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	13 GRIT™ PUSH YOURSELF TO THE LIMIT	14 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
15 REST DAY!	16 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	17 GRIT™ PUSH YOURSELF TO THE LIMIT	18 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	19 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	20 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	21 GRIT™ PUSH YOURSELF TO THE LIMIT
22 REST DAY!	23 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	24 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	25 GRIT™ PUSH YOURSELF TO THE LIMIT	26 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	27 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	28 LES MILLS GRIT™ PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
29 REST DAY!	30 LES MILLS GRIT™ STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	31 LES MILLS GRIT™ CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING				

