



JOIN THE TRIBE

tribeamtraining.com

# CCAC Elevation Studio Schedule

Effective January 2017

TRIBE Season 1 Schedule (January 23rd-March 3rd)

For more information contact Kim Stevens at 303-339-5655 or

kstevens@cherrycreekclub.com

\*\*ALL GROUPS can use the MYZONE Heart Rate Strap, see a trainer for details

\*\*\*Group Training fees apply



TIME		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM-6:30AM	TRIBE FIT	TRIBE CORE	TRIBE FIT	TRIBE CORE	
6:00AM-7:00AM	Fast and Fit with Michael B.		Fast and Fit with Michael B		
6:30AM-7:30AM	TRIBE CORE	TRIBE FIT	TRIBE CORE	TRIBE FIT	
7:00AM-8:00AM			Playful Bootcamp with Kathryn		
7:30AM-8:30AM	TRIBE LIFE		TRIBE LIFE	Kettlebells-30min with Robyn	
8:00AM-9:00AM		TRIBE LIFE		TRIBE LIFE	
9:00AM-10:00AM	TRIBE FIT	TRIBE CORE	MYZONE	TRIBE FIT	TRIBE CORE
10:00AM-11:00AM	TRIBE LIFE	Women on Weights with Robyn	TRIBE LIFE	Women on Weights with Robyn	
11:00AM-11:30AM		Kettlebells 30 min with Robyn			
11:30AM-12:30PM		TRIBE CORE		TRIBE CORE	
12:30PM-1:30PM		TRIBE LIFE			TRIBE LIFE
4:30PM -5:30PM	TRIBE LIFE	TRIBE CORE	TRIBE LIFE	TRIBE CORE	
5:30PM-6:30PM	TRIBE CORE	TRIBE FIT	TRIBE CORE	TRIBE FIT	