

DECEMBER

◀ November				January ▶		
Sun				Fri	Sat	
					1	LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
2	3	4	5	6	7	8
REST DAY!	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	GRIT. PUSH YOURSELF TO THE LIMIT	LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	GRIT. PUSH YOURSELF TO THE LIMIT
9	10	11	12	13	14	15
REST DAY!	LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	GRIT. PUSH YOURSELF TO THE LIMIT	LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
16	17	18	19	20	21	22
REST DAY!	LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	GRIT. PUSH YOURSELF TO THE LIMIT	LES MILLS GRIT STRENGTH 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING
23	24	Merry Christmas		26	27	28
REST DAY!	GRIT. PUSH YOURSELF TO THE LIMIT			LES MILLS GRIT CARDIO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	GRIT. PUSH YOURSELF TO THE LIMIT
30	31					
REST DAY!	LES MILLS GRIT PLYO 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING					

