

THE TRIBE TRAINING GROUP

MONDAY

5:00am - 5:30am
6:00pm - 6:30pm

TUESDAY

5:00am - 5:30am
6:00pm - 6:30pm

WEDNESDAY

5:00am - 5:30am
6:00pm - 6:30pm

THURSDAY

5:00am - 5:30am
6:00pm - 6:30pm

FRIDAY

5:00am - 5:30am

ZUMBA

included in all memberships

MONDAY

10:00am - 10:50am

TUESDAY

6:45pm - 7:35am

WEDNESDAY

9:30am - 10:20am

THURSDAY

6:00pm - 7:00pm

FRIDAY

9:30am - 10:20am

YOGA

included in all memberships

WEDNESDAY

7:00pm - 8:00pm
HOLY YOGA

THURSDAY

7:00pm - 8:00pm
HOT YOGA MIX