

# May-17

## PRINCETON & PLAINSBORO

### LES MILLS GRIT™ SERIES - 3 FORMATS

<u>STRENGTH (S)</u>	<u>PLYO (P)</u>	<u>CARDIO (C)</u>			A 30 MINUTE, HIGH INTENSITY INTERVAL TRAINING WORKOUT THAT WILL MAXIMIZE YOUR HEART RATE AND CREATE A CHANGE IN YOUR BODY! GET READY TO SWEAT!	
USING BODYPUMP BARBELL AND WEIGHTED PLATES	USING STEP & RISERS AND WEIGHTED PLATES. NO BARBELL	NO EQUIPMENT NEEDED. JUST BODYWEIGHT.	PRINCETON LOCATION - PFW	PLAINSBORO LOCATION - PBORO		
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 9:30am-PFW <b>PLYO</b>	2 6:30pm-Pboro <b>STRENGTH</b>	3 6:20pm-Pboro <b>CARDIO</b>	4 5:15pm-Pboro 5:30pm-PFW <b>PLYO</b>	5 10am-PFW <b>PLYO</b>	6
7	8 9:30am-PFW <b>STRENGTH</b>	9 6:30pm-Pboro <b>CARDIO</b>	10 6:20pm-Pboro <b>PLYO</b>	11 5:15pm-Pboro 5:30pm-PFW <b>STRENGTH</b>	12 10am-PFW <b>CARDIO</b>	13
14 Mother's Day	15	16 9:30am-PFW <b>CARDIO</b>	17 6:30pm-Pboro <b>PLYO</b>	18 6:20pm-Pboro <b>STRENGTH</b>	19 5:15pm-Pboro 5:30pm-PFW <b>CARDIO</b>	20 10am-PFW <b>PLYO</b>
21	22	23 9:30am-PFW <b>PLYO</b>	24 6:30pm-Pboro <b>STRENGTH</b>	25 6:20pm-Pboro <b>CARDIO</b>	26 5:15pm-Pboro 5:30pm-PFW <b>PLYO</b>	27 10am-PFW <b>CARDIO</b>
28 SPECIAL CLASS	29 10:30am-PFW <b>CARDIO</b> Memorial Day	30 9:30am-PFW <b>STRENGTH</b>	31 6:30pm-Pboro <b>CARDIO</b>			
						