

































2019 SEASON 1 TRIBE TRIAL WEEK JAN 14TH – JAN 20TH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		 TRIBE FIT Jen		 TRIBE FIT Jen			
6:00 am							
6:15 am		 TRIBE CORE Jen		 TRIBE CORE Jen			
7:30 am		 TRIBE FIT Andrew		 TRIBE FIT Andrew			
8:30 am	 TRIBE FIT Jen	 TRIBE CORE Heather	 TRIBE FIT Jen	 TRIBE CORE Andrew	 TRIBE LIFE Jodi		
9:00 am					 TRIBE CORE Cezanne	 TRIBE CORE Jodi	
9:30am		 TRIBE LIFE Trish	 TRIBE LIFE Jodi	 TRIBE LIFE Trish			
4:30 pm	 TRIBE CORE Cezanne		 TRIBE CORE Cezanne			 TRIBE FIT  TRIBE CORE 11 am Cezanne	
6:00 pm	 TRIBE FIT  TRIBE CORE Cezanne	 TRIBE FIT  TRIBE LIFE Andrew	 TRIBE FIT  TRIBE CORE Cezanne	 TRIBE FIT  TRIBE LIFE Andrew			
7:00 pm	 TRIBE LIFE Jodi	 TRIBE LIFE Andrew	 TRIBE CORE Jodi	 TRIBE LIFE Andrew			

REGISTER ONLINE AT WWW.THEPASEOCLUB.COM PRICE IS \$200 FOR 2 DAY PROGRAMS AND \$100 FOR SINGLE DAY PROGRAMS

SEASON 1 STARTS JANUARY 21ST



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VALENCIA

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TribeFIT™ can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regime. TribeFIT™ will increase your strength and endurance, burn fat and calories and produce functional, full body fitness results leaving you looking and feeling amazingly fit!

TribeCORE™ is a training program intelligently designed to bring toning, strength, stability and power to your core.

TribeCORE™ trains the muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. TribeCORE™ incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement.

TribeLIFE™ is a low impact functional exercise workout designed to ensure you achieve all your exercise needs to be fit for life.

TribeLIFE™ will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardio vascular fitness and increase functional strength.



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