



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESMILLS

GRIT™

GRIT is 30-minutes of high-intensity interval training (HIIT) developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you push your body into your max effort training zone – and that’s where the results happen.



MONDAYS
@ IRONWORKS

4:30 P
M

FRIDAYS
@ ROSCOE

5:45 A
M

SUNDAYS
@ IRONWORKS

8:15 A
M

STARTING
FEB
6th

TRY IT OUT!
@ IRONWORKS

FEB 5th
8:15 A
M