



US & Canada | Summer 2024

## STRIDE | MONDAY

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

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6:00 AM **Nicole Griffin** Walk + Run 30

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7:00 AM **Nicole Griffin** Walk 20

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9:00 AM **Alexis Contreras** Walk 30

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4:30 PM **Eden Lusk** Walk  
Bootcamp 45

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5:30 PM **Eden Lusk** Sprints 20

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## CONNECT | TUESDAY

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

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6:15 AM **Sam Jackson** Intervals 30

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8:00 AM **Jaime Wilbanks** Bootcamp 60

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1:30 PM **Marc Penna** Fusion 30

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5:30 PM **Dani Dellarco** Walk + Run 45

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8:00 PM **Jama Oliver** Fusion 30



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## STRIDE | WEDNESDAY

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

8:00 AM **Dani Dellarco** Intervals 20

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9:00 AM **Sam Jackson** Fusion 20

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12:30 PM **Ryn Tucker** Walk 30

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7:00 PM **Marc Penna** Walk + Run 20

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8:00 PM **Marc Penna** Bootcamp 30

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## CONNECT | THURSDAY

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

6:30 AM **Dani Dellarco** Hills 30

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8:00 AM **Nicole Griffin** Endurance 20

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2:45 PM **Alexis Contreras** Hiking 30

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7:00 PM **Eden Lusk** Fusion 20

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7:30 PM **Eden Lusk** Hiking 20



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## STRIDE | **FRIDAY**

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

6:30 AM **Sam Jackson** Walk + Run 20

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8:00 AM **Jaime Wilbanks** Band  
Bootcamp 45

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9:00 AM **Jaime Wilbanks** Fusion 30

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2:00 PM **Ryn Tucker** Walk + Run 20

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7:00 PM **Eden Lusk** Walk 20

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## CONNECT | **SATURDAY**

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

9:45 AM **Jaime Wilbanks** Hills 20

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10:45 AM **Ryn Tucker** Walk 30

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11:00 AM **Marc Penna** Fusion 20

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## CONNECT | **SUNDAY**

ALL TIMES IN EST | SCHEDULE SUBJECT TO CHANGE

7:45 AM **Dani Dellarco** Endurance 20

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8:15 AM **Dani Dellarco** Walk  
Bootcamp 30