

New Release #131 starts Monday, Jan 6, 2025 in all classes! Don't miss it!!

Don't Miss Grit #50 Release on Superbowl Sunday Feb 9 from 1:30-2:30pm

GRITSERIES
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

New Release #50 starts Monday, Feb 10, 2025 in all classes! Don't miss it!!



New Release #101 starts Monday, Feb 3, 2025 in all classes! Don't miss it!!



New Release #37 starts Monday, Feb 17, 2025 in all classes! Don't miss it!!