

grit

MAY BUDDY CHALLENGE

- MAY 1ST - MAY 31ST
- TAKE 4 CLASSES WITH YOUR BUDDY
- TAKE 8 CLASSES OF YOUR CHOICE
- SHARE 1 POST-WORKOUT SELFIE OF YOU & YOUR BUDDY TO SOCIAL MEDIA AND TAG @GRITBYBRIT & #MAYBUDDYCHALLENGE
- CLASSES MUST BE 30 MIN IN LENGTH OR LONGER

CHALLENGE TRACKER:

BUDDY CLASS 1

BUDDY CLASS 2

BUDDY CLASS 3

BUDDY CLASS 4

CLASS 1 - YOUR CHOICE

CLASS 2 - YOUR CHOICE

CLASS 3- YOUR CHOICE

CLASS 4 - YOUR CHOICE

CLASS 5 - YOUR CHOICE

CLASS 6 - YOUR CHOICE

CLASS 7 - YOUR CHOICE

CLASS 8 - YOUR CHOICE

POST A BUDDY SELFIE

YOU CAN
DO IT!