



T SCHOOL COURSE SYLLABUS

TRIMESTER ONE : GETTING THE FREAKIN FOOD RIGHT...



Sat Sept 13

Calling All Sugar Addicts FREE Workshop @ 12:00 pm

Sat Sept 20

Baseline Assessments 10:00 am -12:00 pm
Pantry Purge and T School Enrollment Party 12:00 – 2:00 pm

Mon Sept 22

21 Day T School Jumpstart begins- Expect RESULTS!

Sat Sept 27

Fat Loss Nutrition with Dr Jason Fechter 11:30 am

Sat Oct 4

Take Inspired Action with Jill Tupper 1130 am

Sat Oct 11

Apres Jumpstart Workshop & Team Meetings 11:30 am

Sat Oct 18

Assessment Update # 2
Fitness Foundations Workshop 11:30 am
Team Meetings Follow

Beginning on Trimester TWO

