



# T SCHOOL COURSE SYLLABUS

## TRIMESTER TWO : GETTING THE LEAD OUT...



**Sat Oct 18**

**Assessment Update #2  
Fitness Foundations 11:30 am  
Team Meetings follow**

**Sat Oct 25**

**Pop Up Cardio Cross-training Workout 11:30 am  
followed by Every Day Strength with Jill Tupper**

**Sun Nov 2**

**Evolve Paleo GET CHOPPED Event 6:00 pm  
@ The Evolve Paleo Kitchen**

**Sat Nov 8**

**Refine & Define Workshop  
Muscles & Bones 11:30 am**

**Sat Nov 15**

**Assessment Update #3  
Hormones, Health and Fat Loss Workshop  
with Dr Alicia Johnson 11:30 am  
Team Meetings follow**

**Beginning Trimester THREE**

