

TEAM
STRONG
LIFE

STRONG LIFE

1st Phorm HQ, St. Louis

April 28-April 29-April 30

ARRIVAL& PICK UP

TSL Members arrive throughout the day April 27-April 28. Check google sheet for arrival times.

FRIDAY APRIL 28TH

1PM-5PM, Challenge Winners & TSL Admins join me at HQ
1:00 PM lobby arrival & greeting
2-3PM HQ tour
3-4:30 PM gym workout

5PM-8PM, All TSL Members join us at HQ for a special TSL dinner & meet and greet - Seoul Taco

POP UP SHOP APPAREL!!

SATURDAY APRIL 29TH

DAY OF FUN AT HQ!!!!

8:30AM-3PM - 9:30AM grab a coffee in the cafe & say hi!!!

9:30-10:00AM - TSL Meeting in the auditorium

10:00-11:00 - Tour of HQ - break out into 2 groups of 20

11:00-12:30 PM- GROUP WORKOUT!!
Get ready to sweat

12:45-1:45 PM Lunch - Russells Cafe

2-3 PM Hip Hop Dance Surprise - DJ!!!

SUNDAY APRIL 30TH

7:30AM, HQ 5K Ruck, Walk, or Run. It's a tradition to do laps around HQ, btw!!