



NIKE
Week
LOS ANGELES
1.20-1.25

YOU'RE INVITED

NIKE TRAINING CLUB INVITES YOU TO SUPERCHARGE YOUR NEW YEAR AND TACKLE YOUR RESOLUTIONS WITH A WEEK OF EPIC FITNESS EXPERIENCES LED BY OUR BEST TRAINERS.

CHOOSE WHICH EXCLUSIVE WORKOUTS YOU WILL JOIN US FOR BELOW. INVITE YOUR FRIENDS FOR THE ULTIMATE WEEK OF FITNESS, FUN, AND VIP ACCESS.

Prepare to Rally!



MONDAY 1.20
HIIT WORKOUT

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TUESDAY 1.21
YOGA

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WEDNESDAY 1.22
NIKE+ RUN CLUB

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THURSDAY 1.23
BARRE

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FRIDAY 1.24
SUNSET RUN

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SATURDAY 1.25
NIKE TRAINING CLUB

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