



COMMIT TO GET FIT SCHEDULE
JUNE 2 - JUNE 28

MONDAY

WEDNESDAY

SATURDAY

June 2
6:00pm
45 minutes

June 5 - 9:00am
60 minutes
Optional Weigh-In

June 7
6:00pm
45 minutes

June 9
6:00pm
45 minutes

June 12 - 9:00am
60 minutes
Optional Weigh-In

June 14
6:00pm
45 minutes

June 16
6:00pm
45 minutes

June 19 - 9:00am
60 minutes
Optional Weigh-In

June 21
6:00pm
45 minutes

June 23
6:00pm
45 minutes

June 26 - 9:00am
60 minutes
Optional Weigh-In

June 28
6:00pm
45 minutes
Final Session