



COMMIT TO GET FIT SCHEDULE
APRIL 1 - APRIL 29

MONDAY

WEDNESDAY

SATURDAY

April 1

9:00am

60 minutes

Optional Weigh-In

April 3

6:00pm

45 minutes

April 5

6:00pm

45 minutes

April 8

9:00am

60 minutes

Optional Weigh-In

April 10

6:00pm

45 minutes

April 12

6:00pm

45 minutes

April 15

NO WORKOUT

April 17

6:00pm

45 minutes

April 19

6:00pm

45 minutes

April 22

9:00am

60 minutes

Optional Weigh-In

April 24

6:00pm

45 minutes

April 26

6:00pm

45 minutes

April 29

9:00am

60 minutes

Optional Weigh-In

Final Session

