



COMMIT TO GET FIT SCHEDULE
JULY 30 - AUGUST 20

MONDAY

WEDNESDAY

SATURDAY

July 30 - 9:00am

60 minutes
Optional Weigh-In

August 1
6:00pm
45 minutes

August 3
6:00pm
45 minutes

August 6 - 9:00am
60 minutes
Optional Weigh-In

August 8
6:00pm
45 minutes

August 10
6:00pm
45 minutes

August 13 - 9:00am
60 minutes
Optional Weigh-In

August 15
6:00pm
45 minutes

August 17
6:00pm
45 minutes

August 20 - 9:00am
60 minutes
Optional Weigh-In
Final Session