



COMMIT TO GET FIT SCHEDULE
JANUARY 31 - FEBRUARY 26

MONDAY

WEDNESDAY

SATURDAY

January 31

6:00pm

45 minutes

February 2

6:00pm

45 minutes

February 5 - 9:00am

60 minutes

Optional Weigh-In

February 7

6:00pm

45 minutes

February 9

6:00pm

45 minutes

February 12 - 9:00am

60 minutes

Optional Weigh-In

February 14

6:00pm

45 minutes

February 16

6:00pm

45 minutes

February 19 - 9:00am

60 minutes

Optional Weigh-In

February 21

6:00pm

45 minutes

February 23

6:00pm

45 minutes

February 26 - 9:00am

60 minutes

Optional Weigh-In

Final Session