



COMMIT TO GET FIT SCHEDULE
FEBRUARY 1 - FEBRUARY 27

MONDAY

WEDNESDAY

SATURDAY

February 1
6:00pm
45 minutes

February 4
9:00am
60 minutes
Optional Weigh-In

February 6
6:00pm
45 minutes

February 8
6:00pm
45 minutes

February 11
9:00am
60 minutes
Optional Weigh-In

February 13
6:00pm
45 minutes

February 15
6:00pm
45 minutes

February 18
9:00am
60 minutes
Optional Weigh-In

February 20
6:00pm
45 minutes

February 22
6:00pm
45 minutes

February 25
9:00am
60 minutes
Optional Weigh-In

February 27
6:00pm
45 minutes
Final Session