



COMMIT TO GET FIT SCHEDULE
JANUARY 2 - JANUARY 30

MONDAY

WEDNESDAY

SATURDAY

January 2

6:00pm

45 minutes

January 4

6:00pm

45 minutes

January 7

9:00am

60 minutes

Optional Weigh-In

January 9

6:00pm

45 minutes

January 11

6:00pm

45 minutes

January 14

9:00am

60 minutes

Optional Weigh-In

January 16

6:00pm

45 minutes

January 18

6:00pm

45 minutes

January 21

9:00am

60 minutes

Optional Weigh-In

January 23

6:00pm

45 minutes

January 25

6:00pm

45 minutes

January 28

9:00am

60 minutes

Optional Weigh-In

January 30

6:00pm

45 minutes

Final Session