



COMMIT TO GET FIT SCHEDULE
JUNE 4 - JUNE 29

MONDAY

WEDNESDAY

SATURDAY

June 4 - 9:00am

60 minutes

Optional Weigh-In

June 6

6:00pm

45 minutes

June 8

6:00pm

45 minutes

June 11 - 9:00am

60 minutes

Optional Weigh-In

June 13

6:00pm

45 minutes

June 15

6:00pm

45 minutes

June 18 - 9:00am

60 minutes

Optional Weigh-In

June 20

6:00pm

45 minutes

June 22

6:00pm

45 minutes

June 25 - 9:00am

60 minutes

Optional Weigh-In

June 27

6:00pm

45 minutes

June 29

6:00pm

45 minutes

Optional Weigh-In

Final Session