



COMMIT TO GET FIT SCHEDULE
JUNE 3 - JUNE 28

MONDAY

WEDNESDAY

SATURDAY

June 3

8:45am

60 minutes

Optional Weigh-In

June 5

6:00pm

45 minutes

June 7

6:00pm

45 minutes

June 10

8:45am

60 minutes

Optional Weigh-In

June 12

6:00pm

45 minutes

June 14

6:00pm

45 minutes

June 17

8:45am

60 minutes

Optional Weigh-In

June 19

6:00pm

45 minutes

June 21

6:00pm

45 minutes

June 24

8:45am

60 minutes

Optional Weigh-In

June 26

6:00pm

45 minutes

June 28

6:00pm

45 minutes

Final Session