



COMMIT TO GET FIT SCHEDULE
MARCH 1 - MARCH 27

MONDAY

WEDNESDAY

SATURDAY

March 1
6:00pm
45 minutes

March 3
6:00pm
45 minutes

March 6 - 9:00am
60 minutes
Optional Weigh-In

March 8
6:00pm
45 minutes

March 10
6:00pm
45 minutes

March 13 - 9:00am
60 minutes
Optional Weigh-In

March 15
6:00pm
45 minutes

March 17
6:00pm
45 minutes

March 20 - 9:00am
60 minutes
Optional Weigh-In

March 22
6:00pm
45 minutes

March 24
6:00pm
45 minutes

March 27 - 9:00am
60 minutes
Final Session