



**COMMIT TO GET FIT SCHEDULE**  
**MARCH 5 - MARCH 30**

**MONDAY**

**WEDNESDAY**

**SATURDAY**

**March 5 - 9:00am**

60 minutes

Optional Weigh-In

**March 7**

**6:00pm**

45 minutes

**March 9**

**6:00pm**

45 minutes

**March 12 - 9:00am**

60 minutes

Optional Weigh-In

**March 14**

**6:00pm**

45 minutes

**March 16**

**6:00pm**

45 minutes

**March 19 - 9:00am**

60 minutes

Optional Weigh-In

**March 21**

**6:00pm**

45 minutes

**March 23**

**6:00pm**

45 minutes

**March 26 - 9:00am**

60 minutes

Optional Weigh-In

**March 28**

**6:00pm**

45 minutes

**March 30**

**6:00pm**

45 minutes

**Final Session**