



COMMIT TO GET FIT SCHEDULE
MAY 2 - MAY 25

MONDAY

WEDNESDAY

SATURDAY

May 2
6:00pm
45 minutes

May 4
6:00pm
45 minutes

May 7 - 9:00am
60 minutes
Optional Weigh-In

May 9
6:00pm
45 minutes

May 11
6:00pm
45 minutes

May 14 - 9:00am
60 minutes
Optional Weigh-In

May 16
6:00pm
45 minutes

May 18
6:00pm
45 minutes

May 21 - 9:00am
60 minutes
Optional Weigh-In

May 23
6:00pm
45 minutes

May 25
6:00pm
45 minutes
Optional Weigh-In
Final Session