



**COMMIT TO GET FIT SCHEDULE  
NOVEMBER 2 - NOVEMBER 30**

**MONDAY**

**WEDNESDAY**

**SATURDAY**

**November 2**

**6:00pm**

45 minutes

**November 5**

**9:00am**

60 minutes

Optional Weigh-In

**November 7**

**6:00pm**

45 minutes

**November 9**

**6:00pm**

45 minutes

**November 12**

**9:00am**

60 minutes

Optional Weigh-In

**November 14**

**6:00pm**

45 minutes

**November 16**

**6:00pm**

45 minutes

**November 19**

**9:00am**

60 minutes

Optional Weigh-In

**November 21**

**6:00pm**

45 minutes

**November 23**

**NO WORKOUT**

**November 26**

**NO WORKOUT**

**November 28**

**6:00pm**

45 minutes

**November 30**

**6:00pm**

45 minutes

**Final Session**