



COMMIT TO GET FIT SCHEDULE
OCTOBER 19 - NOVEMBER 14

MONDAY

WEDNESDAY

SATURDAY

October 19
6:00pm
45 minutes

October 21
6:00pm
45 minutes

October 24 - 9:00am
55 minutes
Optional Weigh-In

October 26
6:00pm
45 minutes

October 28
6:00pm
45 minutes

October 31 - 9:00am
55 minutes
Optional Weigh-In

November 2
6:00pm
45 minutes

November 4
6:00pm
45 minutes

November 7 - 9:00am
55 minutes
Optional Weigh-In

November 9
6:00pm
45 minutes

November 11
6:00pm
45 minutes

November 14 - 9:00am
55 minutes
Final Session