

# COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>September 22</b> <b>9:00am</b> <i>Kick-Off Session</i> 60 minutes TRX Studio	
<b>September 24</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>September 26</b> <b>Wednesday</b> 45 minutes IndoRow Room			<b>September 29</b> <b>9:00am</b> 45 minutes TRX Studio	
<b>October 1</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>October 3</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>October 6</b> <b>9:00am</b> 45 minutes TRX Studio	
<b>October 8</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>October 10</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>October 13</b> <b>9:00am</b> 45 minutes TRX Studio	
<b>October 15</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>October 17</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>October 20</b> <b>9:00am</b> 45 minutes TRX Studio	
<b>October 22</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>October 24</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>October 27</b> <b>9:00am</b> 45 minutes TRX Studio	
<b>October 29</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>October 31</b> <b>6:00pm</b> <i>Final Session</i> 60 minutes IndoRow Room				