

# COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>February 17</b> <b>9:30am</b> <i>Kick-Off Session</i> 60 minutes TRX Studio	
<b>February 19</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>February 21</b> <b>Wednesday</b> 45 minutes IndoRow Room			<b>February 24</b> <b>9:30am</b> 45 minutes TRX Studio	
<b>February 26</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>February 28</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>March 3</b> <b>9:30am</b> 45 minutes TRX Studio	
<b>March 5</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>March 7</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>March 10</b> <b>9:30am</b> 45 minutes TRX Studio	
<b>March 12</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>March 14</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>March 17</b> <b>9:30am</b> 45 minutes TRX Studio	
<b>March 19</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>March 21</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>March 24</b> <b>9:30am</b> 45 minutes TRX Studio	
<b>March 26</b> <b>6:00pm</b> 45 minutes IndoRow Room		<b>March 28</b> <b>6:00pm</b> 45 minutes IndoRow Room			<b>March 31</b> <b>9:30am</b> <i>Final Session</i> 60 minutes TRX Studio	