

COMMIT TO GET FIT SCHEDULE

APRIL 20 - JUNE 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					April 20 9:00am <i>Kick-Off Session</i> 60 minutes Optional Weigh-in	
April 22 6:00pm 45 minutes		April 24 Wednesday 45 minutes			April 27 9:00am 45 minutes Optional Weigh-in	
April 29 6:00pm 45 minutes		May 1 6:00pm 45 minutes			May 4 9:00am 45 minutes Optional Weigh-in	
May 6 6:00pm 45 minutes		May 8 6:00pm 45 minutes			May 11 9:00am 45 minutes Optional Weigh-in	
May 13 6:00pm 45 minutes		May 15 6:00pm 45 minutes			May 18 9:00am 45 minutes Optional Weigh-in	
May 20 6:00pm 45 minutes		May 22 6:00pm 45 minutes			May 25 9:00am 45 minutes Optional Weigh-in	
May 27 Memorial Day NO WORKOUT		May 29 6:00pm 45 minutes			June 1 9:00am <i>Final Session</i> 60 minutes Optional Weigh-in	