

COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					April 7 9:30am <i>Kick-Off Session</i> 60 minutes TRX Studio	
April 9 6:00pm 45 minutes IndoRow Room		April 11 Wednesday 45 minutes IndoRow Room			April 14 9:30am 45 minutes TRX Studio	
April 16 6:00pm 45 minutes IndoRow Room		April 18 6:00pm 45 minutes IndoRow Room			April 21 9:30am 45 minutes TRX Studio	
April 23 6:00pm 45 minutes IndoRow Room		April 25 6:00pm 45 minutes IndoRow Room			April 28 9:30am 45 minutes TRX Studio	
April 30 6:00pm 45 minutes IndoRow Room		May 2 6:00pm 45 minutes IndoRow Room			May 5 9:30am 45 minutes TRX Studio	
May 7 6:00pm 45 minutes IndoRow Room		May 9 6:00pm 45 minutes IndoRow Room			May 12 9:30am 45 minutes TRX Studio	
May 14 6:00pm 45 minutes IndoRow Room		May 16 6:00pm 45 minutes IndoRow Room			May 19 9:30am <i>Final Session</i> 60 minutes TRX Studio	