

COMMIT TO GET FIT SCHEDULE

AUGUST 31 - OCTOBER 14

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|---|----------|--------|---|--------|
| | | | | | August 31 9:00am <i>Kick-Off Session</i> 60 minutes Optional Weigh-in | |
| September 2 No Workout <i>Labor Day</i> | | September 4 Wednesday 45 minutes <i>Substitute</i> <i>Instructor</i> Alyssa | | | September 7 9:00am 60 minutes Optional Weigh-in <i>Substitute</i> <i>Instructor</i> Alyssa | |
| September 9 6:00pm 45 minutes | | September 11 6:00pm 45 minutes | | | September 14 No Workout | |
| September 16 6:00pm 45 minutes | | September 18 6:00pm 45 minutes | | | September 21 9:00am 60 minutes Optional Weigh-in <i>Substitute</i> <i>Instructor</i> Alyssa | |
| September 23 6:00pm 45 minutes <i>Substitute</i> <i>Instructor</i> Lizz | | September 25 6:00pm 45 minutes <i>Substitute</i> <i>Instructor</i> Alyssa | | | September 28 9:00am 60 minutes Optional Weigh-in | |
| September 30 6:00pm 45 minutes | | October 2 6:00pm 45 minutes | | | October 5 9:00am 60 minutes Optional Weigh-in | |
| October 7 6:00pm 45 minutes | | October 9 6:00pm 45 minutes | | | October 12 6:00pm 60 minutes Optional Weigh-in | |
| October 14 6:00pm <i>Final Session</i> 45 minutes Optional Weigh-in | | | | | | |