

COMMIT TO GET FIT SCHEDULE

JULY 20 - AUGUST 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					July 20 9:00am <i>Kick-Off Session</i> 60 minutes Optional Weigh-in	
July 22 6:00pm 45 minutes Substitute Instructor		July 24 Wednesday 45 minutes Substitute Instructor			July 27 9:00am 60 minutes Optional Weigh-in Substitute Instructor	
July 29 6:00pm 45 minutes Substitute Instructor		July 31 6:00pm 45 minutes			August 3 9:00am 60 minutes Optional Weigh-in	
August 5 6:00pm 45 minutes		August 7 6:00pm 45 minutes			August 10 9:00am 60 minutes Optional Weigh-in	
August 12 6:00pm 45 minutes		August 14 6:00pm 45 minutes			August 17 9:00am 60 minutes Optional Weigh-in	
August 19 6:00pm 45 minutes		August 21 6:00pm 45 minutes			August 24 9:00am 60 minutes Optional Weigh-in	
August 26 6:00pm 45 minutes		August 28 6:00pm <i>Final Session</i> 60 minutes Optional Weigh-in				