

COMMIT TO GET FIT SCHEDULE

JUNE 8 - JULY 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					June 8 9:00am <i>Kick-Off Session</i> 60 minutes Optional Weigh-in *Coach Sub: Alyssa Martin	
June 10 6:00pm 45 minutes *Coach Sub: Alyssa Martin		June 12 Wednesday 45 minutes *Coach Sub: Alyssa Martin			June 15 9:00am 45 minutes Optional Weigh-in *Coach Sub: Alyssa Martin	
June 17 6:00pm 45 minutes *Coach Sub: Alyssa Martin		June 19 6:00pm 45 minutes			June 22 9:00am 45 minutes Optional Weigh-in	
June 24 6:00pm 45 minutes		June 26 6:00pm 45 minutes			June 29 9:00am 45 minutes Optional Weigh-in	
July 1 6:00pm 45 minutes		July 3 6:00pm 45 minutes			July 6 9:00am 45 minutes Optional Weigh-in	
July 8 6:00pm 45 minutes		July 10 6:00pm 45 minutes			July 13 9:00am 45 minutes Optional Weigh-in	
July 15 6:00pm 45 minutes		July 17 6:00pm <i>Final Session</i> 60 minutes Optional Weigh-in				