

COMMIT TO GET FIT SCHEDULE

MARCH 2 - APRIL 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					March 2 9:00am <i>Kick-Off Session</i> 60 minutes Plus Optional Sweat Chat & Weigh-in	
March 4 6:00pm 45 minutes		March 6 Wednesday 45 minutes			March 9 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
March 11 6:00pm 45 minutes		March 13 6:00pm 45 minutes			March 16 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
March 18 6:00pm 45 minutes		March 20 6:00pm 45 minutes			March 23 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
March 25 6:00pm 45 minutes		March 27 6:00pm 45 minutes			March 30 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
April 1 6:00pm 45 minutes		April 3 6:00pm 45 minutes			April 6 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
April 8 6:00pm 45 minutes		April 10 6:00pm <i>Final Session</i> 60 minutes				