

COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May 30 6:00pm <i>Kick-Off Session</i> 60 minutes IndoRow Room			June 2 9:30am 45 minutes TRX Studio	
June 4 6:00pm 45 minutes IndoRow Room		June 6 6:00pm 45 minutes IndoRow Room			June 9 9:30am 45 minutes TRX Studio	
June 11 6:00pm 45 minutes IndoRow Room		June 13 6:00pm 45 minutes IndoRow Room			June 16 9:30am 45 minutes TRX Studio	
June 18 6:00pm 45 minutes IndoRow Room		June 20 6:00pm 45 minutes IndoRow Room			June 23 9:30am 45 minutes TRX Studio	
June 25 6:00pm 45 minutes IndoRow Room		June 27 6:00pm 45 minutes IndoRow Room			June 30 9:30am <i>Final Session</i> 60 minutes TRX Studio	