

COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					November 10 9:00am <i>Kick-Off Session</i> 60 minutes Plus Optional Sweat Chat & Weigh-in	
November 12 6:00pm 45 minutes		November 14 Wednesday 45 minutes			November 17 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
November 19 6:00pm 45 minutes		November 21 6:00pm 45 minutes			November 24 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
November 26 6:00pm 45 minutes		November 28 6:00pm 45 minutes			December 1 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
December 3 6:00pm 45 minutes		December 5 6:00pm 45 minutes			December 8 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
December 10 6:00pm 45 minutes		December 12 6:00pm 45 minutes			December 15 9:00am 45 minutes Plus Optional Sweat Chat & Weigh-in	
December 17 6:00pm 45 minutes		December 19 6:00pm <i>Final Session</i> 60 minutes				