

# COMMIT TO GET FIT SCHEDULE

## OCTOBER 16 - NOVEMBER 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>October 16</b> <b>6:00pm</b> Kick-Off Session 45 minutes			<b>October 19</b> <b>9:00am</b> 60 minutes Optional Weigh-in	
<b>October 21</b> <b>6:00pm</b> 45 minutes		<b>October 23</b> <b>6:00pm</b> 45 minutes			<b>October 26</b> <b>9:00am</b> 60 minutes Optional Weigh-in	
<b>October 28</b> <b>6:00pm</b> 45 minutes		<b>October 30</b> <b>6:00pm</b> 45 minutes			<b>November 2</b> 60 minutes Optional Weigh-in	
<b>November 4</b> <b>6:00pm</b> 45 minutes		<b>November 6</b> <b>6:00pm</b> 45 minutes			<b>November 9</b> <b>9:00am</b> 60 minutes Optional Weigh-in	
<b>November 11</b> <b>6:00pm</b> 45 minutes		<b>November 13</b> <b>6:00pm</b> 45 minutes			<b>November 16</b> <b>9:00am</b> 60 minutes Optional Weigh-in	
<b>November 18</b> <b>6:00pm</b> 45 minutes		<b>November 20</b> <b>6:00pm</b> 45 minutes			<b>November 23</b> <b>9:00am</b> 60 minutes Optional Weigh-in	
<b>November 25</b> <b>6:00pm</b> Final Session 45 minutes						