| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- |
| **February 17**  6:00pm  *Kick-Off Session*  60 minutes  Optional Weigh-In |  | **February 19**  6:00pm  45 minutes |  |  | **February 22**  9:00am  60 minutes  Optional Weigh-In |  |
| **February 24**  6:00pm  45 minutes |  | **February 26**  6:00pm  45 minutes |  |  | **February 29**  9:00am  60 minutes  Optional Weigh-In |  |
| **March 2**  6:00pm  45 minutes |  | **March 4**  6:00pm  45 minutes |  |  | **March 7**  9:00am  60 minutes  Optional Weigh-In |  |
| **March 9**  6:00pm  45 minutes |  | **March 11**  6:00pm  45 minutes |  |  | **March 14**  9:00am  60 minutes  Optional Weigh-In |  |
| **March 16**  6:00pm  45 minutes |  | **March 18**  6:00pm  45 minutes |  |  | **March 21**  9:00am  60 minutes  Optional Weigh-In |  |
| **March 23**  6:00pm  45 minutes |  | **March 25**  6:00pm  45 minutes |  |  | **March 28**  9:00am  45 minutes  Optional Weigh-In |  |
| **March 30**  6:00pm  *Final Session*  60 minutes  Optional Weigh-In |  |  |  |  |  |  |



Commit To Get Fit Schedule  
February 17 – March 30

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February 17 – March 30