| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- |
| **February 17**6:00pm*Kick-Off Session*60 minutesOptional Weigh-In |  | **February 19**6:00pm45 minutes |  |  | **February 22**9:00am60 minutesOptional Weigh-In |  |
| **February 24**6:00pm45 minutes |  | **February 26**6:00pm45 minutes |  |  | **February 29**9:00am60 minutesOptional Weigh-In |  |
| **March 2**6:00pm45 minutes |  | **March 4**6:00pm45 minutes |  |  | **March 7**9:00am60 minutesOptional Weigh-In |  |
| **March 9**6:00pm45 minutes |  | **March 11**6:00pm45 minutes |  |  | **March 14**9:00am60 minutesOptional Weigh-In |  |
| **March 16**6:00pm45 minutes |  | **March 18**6:00pm45 minutes |  |  | **March 21**9:00am60 minutesOptional Weigh-In |  |
| **March 23**6:00pm45 minutes |  | **March 25**6:00pm45 minutes |  |  | **March 28**9:00am45 minutesOptional Weigh-In |  |
| **March 30**6:00pm*Final Session*60 minutesOptional Weigh-In |  |  |  |  |  |  |



Commit To Get Fit Schedule
February 17 – March 30

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February 17 – March 30