

Commit Fit GRAND OPENING & OPEN HOUSE Events

Time	Friday 11th	Saturday 12th	Sunday 13th	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
5:00AM						GPT		GPT	
5:30AM				GPT	PMix		PMix		
7:00AM		GPT							GPT
8:00AM		Bridal Boot Camp	PCT						Bridal Boot Camp
8:30AM							PCT		
9:00AM	MEGA			PMix		PMix		PCT	
9:30AM	MEGA				PMix		PMix		
10:00AM	MEGA			GPT	GPT	GPT		GPT	OPEN HOUSE
4:00PM				GPT			PCT		10am-2pm
5:00PM							Makeup Class		
5:30PM					PMix				
6:15PM					Mother/Daughter Self-Protection	Kids Self-Protection			
6:30PM				PCT		GPT	PMix		
7:30PM				Fitness. How Do I Get Started?	Home Stretches For Back Pain				



Free Seminar 30-60 min	Grand Opening Ceremony & Mega Workout 90 min	Suda Safe \$10 Workshops 60 min	Blushing Inc Makeup Class \$50 - 3 hours	PMix = All Pilates (mixed equip) PCT = Half Pmix, Half GPT GPT = Group Personal Training	FREE 55 min
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OFFICIAL RIBBON CUTTING WITH THE PACC WILL BE THURSDAY, DECEMBER 8TH AT 4:00 PM