



The 6-Week Challenge runs April 22nd – June 1st 2019. All workouts are at **Get Cut Fitness**, 67 South Glenn Drive Camarillo. Work out up to 1 time per day

April/May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 22 nd 5AM workout & KICKOFF 6AM workout & KICKOFF 8:30AM workout & KICKOFF 4:15PM workout & KICKOFF 5:15PM workout & KICKOFF 6:15PM workout & KICKOFF	23 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	24 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	25 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	26 5AM workout 6AM workout 8:30AM workout 12PM workout	27 8AM Workout 9AM Workout
28	29 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	30 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	May 1 st 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	May 2 nd 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	May 3 rd 5AM workout 6AM workout 8:30AM workout 12PM workout	May 4 th 8AM Workout 9AM Workout
5	6 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	7 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	8 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	9 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	10 5AM workout 6AM workout 8:30AM workout 12PM workout	11 8AM Workout 9AM Workout
12	13 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	14 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	15 5AM workout 6AM workout 8:30AM workout 4:15PM workout 5:15PM workout 6:15PM workout	16 6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	17 5AM workout 6AM workout 8:30AM workout 12PM workout	18 8AM Workout 9AM Workout



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May/June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
5AM BT workout 6AM BT workout 8:30AM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM workout 6AM workout 8:30AM workout 12PM workout	8AM Workout 9AM Workout	
26	27	28	29	30	31	June 1st
5AM BT workout 6AM BT workout 8:30AM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM Workout 8:30AM Workout 12PM Workout 4:15PM Workout 5:15PM Workout 6:15PM Workout	5AM workout 6AM workout 8:30AM workout 12PM workout	Final Workout, Weigh-ins & Challenge Awards	