



The 6-Week Challenge runs September 12th 2016-October 22nd 2016. All workouts are at **Get Cut Fitness**, 67 South Glenn Drive Camarillo. Work out up to 1 time per day

September/October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12 5AM BT workout and KICKOFF 6AM BT workout and KICKOFF 8:30AM BT Workout & KICKOFF 12PM BT Workout & KICKOFF 4:15PM BT workout & KICKOFF 5:15PM BT workout & KICKOFF 6:15PM BT workout & KICKOFF	13 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15PM BT Workout 6:15PM BT Workout	14 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	15 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	16 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	17 8AM BT Workout 9AM BT Workout
18	19 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	20 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	21 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	22 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	23 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	24 8AM BT Workout 9AM BT Workout
25	26 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	27 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	28 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	29 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	30 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	October 1 8AM BT Workout 9AM BT Workout
Oct 2	October 3 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	October 4 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	October 5 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	October 6 6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	October 7 5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	October 8 8AM BT Workout 9AM BT Workout



The 6-Week Challenge runs May 2nd 2016-June 11th 2016. All workouts are at **Get Cut Fitness**, 67 South Glenn Drive Camarillo. Work out up to 1 time per day.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	8AM BT Workout 9AM BT Workout
16	17	18	19	20	21	22
	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout 4:15PM BT workout 5:15PM BT workout 6:15PM BT workout	6AM BT Workout 8:30AM BT Workout 4:15PM BT Workout 5:15 PM BT Workout 6:15Pm BT Workout	5AM BT workout 6AM BT workout 8:30AM BT Workout 12PM BT Workout	8AM BT Workout 9AM Final Weigh-ins 6:30PM Challenge Awards Party

BT workout = Body Transformation Workout