

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FIT CAMP</b> 5-6AM HIIT	<b>OLYMPIUS</b> 5-6AM Chest/Back	<b>FIT CAMP</b> 5-6AM Cardio/Core	<b>OLYMPIUS</b> 5-6AM Leg Day	<b>FIT CAMP</b> 5-6AM HIIT	<b>OLYMPIUS</b> 7-8AM Bis & Tris	
<b>FIT CAMP</b> 5:30-6:30AM HIIT	<b>OLYMPIUS</b> 5:30-6:30AM Chest/Back	<b>FIT CAMP</b> 5:30-6:30AM Cardio/Core	<b>OLYMPIUS</b> 5:30-6:30AM Leg Day	<b>FIT CAMP</b> 5:30-6:30AM HIIT	<b>FIT CAMP</b> 8-9AM Full Body	<b>OLYMPIUS</b> 8-9AM Shoulders, Calves, Abs
<b>FIT CAMP</b> 6-7AM HIIT	<b>OLYMPIUS</b> 6-7AM Chest/Back	<b>FIT CAMP</b> 6-7AM Cardio/Core	<b>OLYMPIUS</b> 6-7AM Leg Day	<b>FIT CAMP</b> 6-7AM HIIT	<b>OLYMPIUS</b> 9-10AM Bis & Tris	<b>FIT CAMP</b> 9-10AM Full Body
<b>FIT CAMP</b> 9-10AM HIIT	<b>OLYMPIUS</b> 9-10AM Chest/Back	<b>FIT CAMP</b> 9-10AM Cardio/Core	<b>OLYMPIUS</b> 9-10AM Leg Day	<b>FIT CAMP</b> 9-10AM HIIT	<b>FIT CAMP</b> 10-11AM Full Body	<b>YOGA</b> 10-11AM
<b>FIT CAMP</b> 12-1PM HIIT	<b>OLYMPIUS</b> 12-1PM Chest/Back	<b>FIT CAMP</b> 12-1PM Cardio/Core	<b>OLYMPIUS</b> 12-1PM Leg Day	<b>FIT CAMP</b> 12-1PM HIIT		
<b>FB LIVE</b> 12-1PM HIIT	<b>FB LIVE</b> 12-1PM Chest/Back	<b>FB LIVE</b> 12-1PM Cardio/Core	<b>FB LIVE</b> 12-1PM Legs	<b>FB LIVE</b> 12-1PM HIIT		
<b>FIT CAMP</b> 4:30-5:30PM HIIT	<b>OLYMPIUS</b> 4:30-5:30PM Chest/Back	<b>FIT CAMP</b> 4:30-5:30PM Cardio/Core	<b>OLYMPIUS</b> 4:30-5:30PM Leg Day	<b>FIT CAMP</b> 4-5PM HIIT		
<b>FIT CAMP</b> 5-6PM HIIT	<b>OLYMPIUS</b> 5-6PM Chest/Back	<b>FIT CAMP</b> 5-6PM Cardio/Core	<b>OLYMPIUS</b> 5-6PM Leg Day	<b>FIT CAMP</b> 4:30-5:30PM HIIT		
<b>FIT CAMP</b> 5:30-6:30PM HIIT	<b>OLYMPIUS</b> 5:30-6:30PM Chest/Back	<b>FIT CAMP</b> 5:30-6:30PM Cardio/Core	<b>OLYMPIUS</b> 5:30-6:30PM Leg Day	<b>FIT CAMP</b> 5-6PM HIIT		
<b>FIT CAMP</b> 6-7PM HIIT	<b>OLYMPIUS</b> 6-7PM Chest/Back	<b>FIT CAMP</b> 6-6:30PM Cardio/Core	<b>OLYMPIUS</b> 6-7PM Leg Day			
<b>FIT CAMP</b> 6:30-7:30PM HIIT	<b>OLYMPIUS</b> 6:30-7:30PM Chest/Back	<b>FIT CAMP</b> 6:30-7:30PM Cardio/Core	<b>OLYMPIUS</b> 6:30-7:30PM Leg Day			

**FIT CAMP:** is a fast-paced, fat-burning workout suitable for all fitness levels

**OLYMPIUS:** is a weight-training class working designated muscle groups

\*Personal Training Sessions Available\*