

CLASS SCHEDULE

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

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