

CLASS SCHEDULE

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

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