

# **FITCAMP35** OKEMOS SESSION SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	
6:10	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	
7:00	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	
7:45	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	<i>Semi-Private</i>	<b>FIT CAMP</b> Abs&Core @ 8a
8:30	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>
9:10	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	
10:00	<i>Semi-Private</i>	<i>Semi-Private</i>		<i>Semi-Private</i>	<i>Semi-Private</i>	
10:45					<i>Semi-Private</i>	
12:00		<b>FIT CAMP</b>	<b>FIT CAMP</b>		<b>FIT CAMP</b>	
1:00						
2:00						
3:00						
4:00						
5:00	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	<b>FIT CAMP</b>	
5:30						
6:10						
6:40						
8:00						

**Note: All Fit Camp sessions are 35 minutes, with typically 5 minutes passing time between sessions.**  
**Note: All Semi-Private sessions are 45 minutes, with typically 5 minutes passing time between sessions.**

Fit Camp 35 Okemos (at Victory Martial Arts)  
 3544 Meridian Crossing Dr., Okemos, MI 48864  
 (517) 917-9067 [www.fitcamp35.com](http://www.fitcamp35.com)