

# OCTANE GROUP TRAINING - DECEMBER 2018

# BODYWORKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
34th	<b>Octane</b> 9:15 AM - Shred (Nelly) (CANCELLED DEC 24TH)  6:00 PM - Shred (Dez) (CANCELLED DEC 24TH & 31ST)  <b>Boxing Fitness</b> 9:00 AM  5:00 PM 6:00 PM 7:00 PM	<b>Octane</b>  6:00 PM - Burn (Dez) (CANCELLED CHRISTMAS DAY 25th)  <b>Boxing Fitness</b> 9:00 AM  5:00 PM 6:00 PM 7:00 PM	<b>Octane</b> 9:15 AM - Shred (Cynthia) (CANCELLED DEC 26TH)  6:00 PM - Shred (Ervin) (CANCELLED DEC 26TH)  <b>Boxing Fitness</b> 9:00 AM  5:00 PM 6:00 PM 7:00 PM	<b>Octane</b>  6:00 PM - Burn (Dez)  <b>Boxing Fitness</b> 9:00 AM  5:00 PM 6:00 PM 7:00 PM	<b>Boxing Fitness</b> 9:00 AM  6:00 PM	<b>Octane</b> <i>Saturday</i> 9:15 AM - 50 / 50 (shred/burn) Sat Dec 1st - Mimi Sat Dec 8th - Austin Sat Dec 15th - Cynthia Sat Dec 29th - Drew <b>Boxing Fitness</b> 10:00 AM 11:00 AM  <b>DEC 22ND CLASSES CANCELLED</b>
4th	<b>Octane</b>  6:00 PM - Burn (Nelly) (CANCELLED DEC 24TH & 31ST)	<b>Octane</b> 9:15 AM - Shred (Attis) (CANCELLED CHRISTMAS DAY 25th & NEW YEARS DAY JAN 1ST)  6:00 PM - Shred (Erv) (CANCELLED CHRISTMAS DAY 25th & NEW YEARS DAY JAN 1ST)	<b>Octane</b>  6:00 PM - Burn (Mimi) (CANCELLED DEC 26TH)	<b>Octane</b> 9:15 AM - Shred (Attis)  6:00 PM - Shred (Erv)		
82nd	<b>Octane</b> 5:45 AM - Shred (Denise) (CANCELLED DEC 24TH)  9:15 AM - Shred (Denise) (CANCELLED DEC 24TH)  5:30 PM - Shred (Denise/Erv) (CANCELLED DEC 24TH & 31ST) 6:15 PM - Shred (Denise/ Erv)	<b>Octane</b> 5:45 AM - Burn (Adrian) (CANCELLED CHRISTMAS DAY 25th & NEW YEARS DAY JAN 1ST)  9:15 AM - Burn (Adrian) (CANCELLED CHRISTMAS DAY 25th)  5:45 PM - Burn (Denise) (CANCELLED CHRISTMAS DAY 25th)	<b>Octane</b>  9:15 AM - Burn (Austin) (CANCELLED DEC 26TH)  5:45 PM - Burn (Austin) (CANCELLED DEC 26TH)	<b>Octane</b> 5:45 AM - Burn (Denise)  9:15 AM - Burn (Nelly)  5:45 PM - Burn (Nelly)	<b>Octane</b> 5:45 AM - 50 / 50 (shred/burn) (Denise / Kaylee)  9:15 AM - 50 / 50 (shred/burn) (Nelly)  5:45 PM - 50 / 50 (shred/burn) (Austin)	<b>Octane</b> <i>Saturday</i> 8:30 AM - Burn (Adrian)  9:30 AM - Burn (Adrian)  <b>DEC 22ND CLASSES CANCELLED</b>

### Octane Shred

This is a 45 min. High Intensity Interval Training (HIIT) Full Body workout session coached by a Certified Personal Trainer.

Your trainer will coach you through a 10 minute warm-up/prep then take you through a Tabata styled workout using stations with Kettle bells, Vintage or Vopr weights, TRX elevation and battle ropes. This high calorie burning strength workout will shape and define your muscles, burn loads of fat & calories and boost your metabolic rate for hours afterward creating a significant AFTERBURN!!! Push your fitness and strength to the next level with this fun, intense Group Training session!

### Octane Burn

This is a 45 min. High Intensity Interval Training (HIIT) cardiovascular sweat session coached by a Certified Personal Trainer.

You will be coached through 5-6 working stations using Tabata Style timing using body weight exercises, Med balls, agility ladder & battle ropes to elevate your heart rate, increase your aerobic capacity and endurance. You will also specifically target your core muscles to shape, define and lean out your mid-section. This cardio and core session will burn loads of calories & fat while giving you the fastest possible results in your goals to get leaner, boost metabolism, flatten your stomach and GET FIT!!

### 50 / 50 (Shred/Burn)

Is a great way to get in some strength & cardio **ALL in one** session!

