



# OCTANE GROUP X WINTER SCHEDULE

| MONDAY                                     | TUESDAY  | WEDNESDAY                                  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|--|--|---|---|
| 6:00 AM<br>Rock Bottom<br>w/Lynnsey        | 6:00 AM<br>P90X<br>w/Marti                         | 6:00 AM<br>Group Cycle<br>w/Marti          | 6:00 AM<br>P90X<br>w/Marti                         | 6:00 AM<br>Boot Camp<br>w/Lynnsey             |   |
| 9:00-9:50 AM<br>Cycle Boot Camp<br>w/Amber | 9:00-9:50 AM<br>Muscle Integration<br>w/Katie      | 9:00-9:50AM<br>L.I.T<br>w/Nancy            | 9:00-9:50 AM<br>Muscle Integration<br>w/Katie      | 9:00-9:50 AM<br>Group Cycle<br>w/Katie Wagner | 9:00 a.m.<br>Mix-It-Up<br>Instructors &<br>formats vary |
| 10:00-10:30 AM<br>Crunch Time<br>w/Tanner  | 10:30-11:20 AM<br>Pilates<br>w/Maureen             | 10:00-10:30 AM<br>Crunch Time<br>w/Tanner  | 10:30-11:20 AM<br>Pilates<br>w/Maureen             |   | 10:00 a.m.<br>Mommy & Me<br>w/Meghann                   |
| 12:10-12:50 PM<br>HiIT<br>w/Lisa           | 12:10-12:50 PM<br>Group Cycle<br>w/Anneliese       | 12:10-12:50 PM<br>Boot Camp<br>w/Anneliese | 12:10-12:50 PM<br>Power Strength<br>w/Anneliese    | 12:10-12:50 PM<br>Cycle Boot Camp<br>w/Lisa   |   |
|  | 3:45-4:20PM<br>Fuel Fit Kids<br>w/Justin           |  | 3:45-4:20PM<br>Fuel Fit Kids<br>w/Justin           |   |   |
| 4:30-5:20 PM<br>PiYo Live<br>w/Meghann     | 4:30-5:20PM<br>Yoga<br>w/Maureen                   | 4:30-5:20 PM<br>Core Camp<br>w/Lynnsey     | 4:30-5:20PM<br>Yoga<br>w/Maureen                   |   |   |
| 5:30-6:20 PM<br>Group Cycle<br>w/Nikki     | 5:30-6:20 PM<br>F.I.T.<br>w/Nikki                  | 5:30-6:20 PM<br>Group Cycle<br>w/Nikki     | 5:30-6:20 PM<br>Barbell<br>w/Lynnsey               | 5:30 PM<br>Kids Zumba<br>w/ Melissa           |   |
| 6:30-7:20 PM<br>Zumba<br>w/Patrick         | 6:30-7:20 PM<br>*P90X Boot Camp<br>w/Jauna & Marti | 6:30-7:20 PM<br>Power Step<br>w/Patrick    | 6:30-7:20 PM<br>*P90X Boot Camp<br>w/Jauna & Marti |   |   |

Effective January 2, 2017

\*One Time Fee for 12 Week Class