

ENCOMPASS FITNESS MARLBOROUGH

GROUP FITNESS SCHEDULE

Updated November 5, 2018

All Classes Free with Membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POUND 5:45am-6:30am Kate	BOOTCAMP 6:00am-7:00am Regina	TABATA 6:00am-7:00am Claudia C	BOOTCAMP 6:00am-7:00am Steve	YOGA 6:00am-7:00am Steve		SPIN 8:00am-8:45am Linda D
	SPIN 6:00am-7:00am Bob				STEP/ZUMBA STEP 8:30am-9:30am Sharon K/Tatiane	
BOXING 8:00am-9:00am Gina K	YOGA 8:00am-9:00am Mary-Ellen		BARRE 8:00am-9:00am Kathy H	TABATA 8:00am-9:00am Gina K	SPIN 8:30am-9:30am Joleen	YOGA 9:00am-10:00am Steve
TRIFECTA 9:00am-10:00am Sharon K	CHISEL 9:00am-10:00am Kris	BOOTCAMP 9:00am-10:00am Carolyn L	CARDIO SCULPT 9:00am-10:00am Kris	TRIFECTA 9:00am-10:00am Jen G	BODYPUMP 9:35am-10:35am Tatiane	ZUMBA 10:00am-11:00am Karla B
ZUMBA 10:00am-11:00am Shannon	CYCLE SCULPT 9:00am-10:00am Leah	PiYo 10:00am-11:00am Jenn V	CYCLE SCULPT 9:00am-10:00am Leah		ZUMBA 10:40am-11:40am Tatiane	
	TRX STRENGTH 12:00pm-12:45pm Sharon V		CARDIO HIIT CIRCUIT 12:00pm-12:45pm Carolyn L			
BODYPUMP 5:30pm-6:30pm Sharon V	BOOTCAMP 5:30pm-6:30pm Heather	STRONG by ZUMBA 5:30pm-6:30pm Shannon	BOXING 5:30pm-6:30pm Gina K			
SPIN 5:45pm-6:30pm Chrissy K		SPIN 5:45pm-6:30pm Linda D				
STRONG by ZUMBA 6:30pm-7:30pm Tatiane	YOGA 6:30pm-7:30pm Kathy H	POUND 6:30pm-7:30pm Shannon	BODYPUMP 6:30pm-7:30pm Theresa			
	ZUMBA 7:30pm-8:30pm Tatiane		ZUMBA 7:30pm-8:30pm Tatiane			

GYM HOURS

Mon - Thur 5:00am-10:00pm
Friday 5:00am-9:00pm
Sat & Sun 7:00am-5:00pm

BABYSITTING

Monday 8am-12pm & 5pm-8:30pm
Tues, W, Th 8am-1pm & 5pm-8:30pm
Friday 8am-12pm & 5pm-9pm
Saturday & Sunday 8am-12pm

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