

# ENCOMPASS FITNESS MARLBOROUGH

## GROUP FITNESS SCHEDULE Updated December 21, 2018

All Classes Free with Membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POUND</b> 5:45am-6:30am Kate	<b>BOOTCAMP</b> 6:00am-7:00am Regina	<b>HIIT/CXWORX</b> 6:00am-7:00am Theresa	<b>BOOTCAMP</b> 6:00am-7:00am Steve	<b>YOGA</b> 6:00am-7:00am Steve		<b>SPIN</b> 8:00am-8:45am Linda D
	<b>SPIN</b> 6:00am-7:00am Bob				<b>STEP/ZUMBA STEP</b> 8:30am-9:30am Sharon K/Tatiane	
<b>BOXING</b> 8:00am-9:00am Gina K	<b>YOGA</b> 8:00am-9:00am Mary-Ellen		<b>BARRE</b> 8:00am-9:00am Kathy H	<b>TABATA</b> 8:00am-9:00am Gina K	<b>SPIN</b> 8:30am-9:30am Joleen	<b>YOGA</b> 9:00am-10:00am Steve
<b>TRIFECTA</b> 9:00am-10:00am Sharon K	<b>CHISEL</b> 9:00am-10:00am Kris	<b>BOOTCAMP</b> 9:00am-10:00am Carolyn L	<b>CARDIO SCULPT</b> 9:00am-10:00am Kris	<b>TRIFECTA</b> 9:00am-10:00am Jen G	<b>BODYPUMP</b> 9:35am-10:35am Tatiane	<b>ZUMBA</b> 10:00am-11:00am Karla B
<b>ZUMBA</b> 10:00am-11:00am Shannon	<b>CYCLE SCULPT</b> 9:00am-10:00am Leah	<b>PiYo</b> 10:00am-11:00am Jenn V	<b>CYCLE SCULPT</b> 9:00am-10:00am Leah		<b>ZUMBA</b> 10:40am-11:40am Tatiane	
	<b>TRX STRENGTH</b> 12:00pm-12:45pm Sharon V		<b>CARDIO HIIT CIRCUIT</b> 12:00pm-12:45pm Carolyn L			
					<h3>GYM HOURS</h3> <p>Mon - Thur 5:00am-10:00pm Friday 5:00am-9:00pm Sat &amp; Sun 7:00am-5:00pm</p> <p><b>BABYSITTING</b> Monday 8am-12pm &amp; 5pm-8:30pm Tues, W, Th 8am-1pm &amp; 5pm-8:30pm Friday 8am-12pm &amp; 5pm-9pm Saturday &amp; Sunday 8am-12pm</p> <p>Carolyn Lieberman <a href="mailto:carolynlieberman@yahoo.com">carolynlieberman@yahoo.com</a> Gina Donovan <a href="mailto:ginaamicodonovan@gmail.com">ginaamicodonovan@gmail.com</a></p>	
<b>BODYPUMP</b> 5:30pm-6:30pm Sharon V	<b>BOOTCAMP</b> 5:30pm-6:30pm Heather	<b>STRONG</b> by ZUMBA 5:30pm-6:30pm Shannon	<b>BOXING</b> 5:30pm-6:30pm Gina K			
<b>SPIN</b> 5:45pm-6:30pm Chrissy K		<b>SPIN</b> 5:45pm-6:30pm Linda D				
<b>STRONG</b> by ZUMBA 6:30pm-7:30pm Tatiane	<b>YOGA</b> 6:30pm-7:30pm Kathy H	<b>POUND</b> 6:30pm-7:30pm Shannon	<b>BODYPUMP</b> 6:30pm-7:30pm Theresa			
	<b>ZUMBA</b> 7:30pm-8:30pm Tatiane		<b>ZUMBA</b> 7:30pm-8:30pm Tatiane			