

# GROUP FITNESS SCHEDULE

Encompass Fitness Millis

Updated 9/1/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Boot Camp</b> 5:30am-6:30am Kristen		<b>Total Body Tabata</b> 5:30am-6:30am Shelly		<b>BODYPUMP</b> 5:30am-6:30am Karen	<b>BODYCOMBAT</b> 7:00am-8:00am Denise	<b>CARDIO STRENGTH</b> 8:30am-9:30am Eve
	<b>Total Body Tabata</b> 8:30am-9:30am Denise			<b>MAX-30</b> 8:30am-9:00am Brian	<b>BODYPUMP</b> 8:00am-9:00am David	<b>ZUMBA JAM</b> 9:35am-10:35am Connor
<b>STEP</b> 9:00am-10:00am Lynn	<b>BODYCOMBAT</b> 9:30am-10:30am Denise	<b>BODYPUMP</b> 9:00am-10:00am Mike	<b>Mikesanity</b> 9:00am-10:00am Mike	<b>Basic Strength</b> 9:00am-10:00am Roberta	<b>STEP</b> 9:00am-10:00am Shelly/Joanie	
<b>BODYPUMP</b> 10:00am-11:00am Mike	<b>ZUMBA</b> 10:30am-11:30am Jen	<b>ZUMBA</b> 10:00am-11:00am Jen			<b>ZUMBA</b> 10:00am-11:00am Gisela	
<b>Basic Strength</b> 11:00am-12:00pm Gina		<b>Basic Strength</b> 11:00am-12:00pm Roberta				
	<b>Core Step &amp; More</b> 4:30pm-5:30pm Roberta		<b>Core Step &amp; More</b> 4:30pm-5:30pm Roberta			
<b>BODYCOMBAT</b> 5:30pm-6:30pm Kerin		<b>BODYPUMP</b> 5:30pm-6:30pm Kali				
<b>BODYPUMP</b> 6:30pm-7:30pm Kerin	<b>TABATA</b> 6:00pm-7:00pm Kerin	<i>New Class</i> →	<b>MAX-30</b> 6:00pm-6:30pm Brian			
<b>ZUMBA</b> 7:30pm-8:30pm Jen			<b>Zumba</b> 6:30pm-7:30pm Gisela			

## GYM HOURS

**Monday - Thursday**

5 AM - 10PM

**Friday**

5 AM TO 9 PM

**Saturday and Sunday**

7 AM TO 7 PM

**Babysitting Hours:**

8:30am-11:30am

7 days a week

**508-376-6007**

**Open 365 Days/Year**

***All classes FREE with membership***

# GROUP CYCLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>GROUP CYCLE</b> 5:30am-6:30am Shelly		<b>Cycle &amp; Strength</b> 5:30am-6:30am Paul		<b>LES MILLS SPRINT</b> 8:05am-8:35am Denise	<b>GROUP CYCLE</b> 7:30am-8:15am Eve
					<b>GROUP CYCLE</b> 9:00am-10:00am George	
<b>GROUP CYCLE</b> 9:00am-10:00am Joe	<b>LES MILLS SPRINT</b> 10:35am-11:05am Denise	<b>ROAD WARRIOR</b> 10:15am-11:00am Terri		<b>GROUP CYCLE</b> 9:30am-10:30am Joe		
<b>GROUP CYCLE</b> 6:30pm-7:30pm Joe	<b>LES MILLS SPRINT</b> 5:30pm-6:00pm Kerin	<b>LES MILLS SPRINT</b> 6:35pm-7:00pm Kali				

# MIN D - B O D Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BARRE</b> 8:30am-9:25am Kim	Strength and Stretch <b>Yoga</b> 8:00am-9:00am Susie	<b>New Instructor</b> ➔	<b>PILATES</b> (Starting 9/26) 8:30am-9:30am Stephanie		<b>VINYASA YOGA</b> 7:30am-8:45am Susie	<b>BARRE</b> 9:00am-10:00am Stacey
<b>Vinyasa Yoga</b> 9:30am-10:30am Margo	<b>PIYO</b> 9:30am-10:30am Jenn	<b>BARRE</b> 9:00am- 10:00am Deb	<b>PILATES</b> 9:30am-10:30am Eve	<b>WARM YOGA</b> 8:45am-10:00am Donna	<b>PILATES</b> 9:00am- 10:00am Mariama/Jackie	<b>HATHA YOGA</b> 10:00am-11:00am Crystal
				<b>BARRE</b> 10:00am-11:00am Nicole	<b>BARRE</b> 10:00am-11:00am Mariama/Jackie	
<b>PILATES</b> 6:00pm-7:00pm Lisa	<b>BARRE</b> 5:15pm-6:15pm Jackie		<b>BARRE</b> 5:30pm - 6:30pm Lisa			
<b>BARRE Express</b> 7:00pm-7:30pm Lisa	<b>ATHLETIC YOGA</b> 6:30pm-7:30pm Donna	<b>CANDELIGHT GENTLE YOGA</b> 7:00pm-8:15pm Geri	<b>VINYASA YOGA</b> 6:30pm-7:45pm Cara			