

# GROUP FITNESS SCHEDULE

Encompass Fitness Millis Effective 1/7/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Rise and Shine Tabata</b> 6:00am-7:00am Kristen				<b>BODYCOMBAT</b> 7:00am-8:00am Kerin/Gina	<b>CARDIO TABATA</b> 8:00am-9:00am Karen
<b>Cycle</b> 8:30am-9:30am Joe					<b>BodyPump</b> 8:00am-9:00am David	<b>Body Flow Yoga 41</b> 9:00am-10:00am Christine
<b>Step</b> 8:30am-9:20am Lynn	<b>BODYCOMBAT</b> 8:30am-9:30am Amy	<b>Barre, Strength &amp; Core</b> 8:30am-9:30am Deb	<b>Insanity</b> 8:30am-9:15am Brian	<b>Cycle</b> 8:30am-9:30am Joe	<b>Step</b> 9:00am-10:00am Shelly	<b>Cycle</b> 9:00am-10:00am Amy
<b>BodyPump</b> 9:30am-10:30am Mike	<b>Pilates</b> 9:30am-10:30am Lisa	<b>Zumba</b> 9:30am-10:30am Jen	<b>Core Conditioning &amp; Mobility</b> 9:30am-10:30am Lynn	<b>Lo-impact</b> Cardio-Strength 8:30am-9:30am Lynn	<b>Pilates</b> 10:00am-11:00am Lisa	
	<b>Cycle</b> 9:30am-10:00am Amy			<b>Cardio Tabata</b> 9:30am-10:30am Amy		
	<b>Lo-impact</b> Cardio-Strength 4:30pm-5:30pm Lynn		<b>Zumba</b> Starts 1/20 6 Week 'pop-up'			
	<b>Cycle</b> 5:30pm-6:00pm Lynn		<b>Zumba</b> Starts 1/20 6 Week 'pop-up'			
<b>BODYCOMBAT</b> 5:30pm-6:30pm Kerin	<b>Cardio Dance</b> 5:30pm-6:30pm Jen	<b>BodyPump</b> 5:30pm-6:30pm Kali	<b>BODYCOMBAT</b> 5:30pm-6:30pm Gina L.			
<b>BodyPump Express</b> 6:30pm-7:15pm Kerin	<b>Vinyassa Yoga</b> 6:30pm-7:30pm Stacey					

## GYM HOURS

Monday - Thursday  
5am - 9pm

Friday  
5am - 8pm

Saturday/Sunday  
7am - 5pm

Sign Up For Classes:  
<https://encompassfitnessmillis.thememberspot.com/>  
 Account/Login



Email: [encompassmillis@gmail.com](mailto:encompassmillis@gmail.com)

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