

GROUP FITNESS SCHEDULE

Encompass Fitness Millis Effective 9/30/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Rise and Shine Tabata 6:00am-7:00am Kristen	← Starts 10/14			BODYCOMBAT 7:00am-8:00am Kerin/Gina	CARDIO TABATA 8:00am-9:00am Karen
Cycle 8:30am-9:30am Joe					BodyPump 8:00am-9:00am David	Body Flow Yoga (starts 10/5) 9:00am-10:00am Christine
Step 8:30am-9:20am Lynn	BODYCOMBAT 8:30am-9:30am Amy	Barre, Strength & Core 8:30am-9:30am Deb	Insanity 8:30am-9:15am Brian	Cycle 8:30am-9:30am Joe	Step 9:00am-10:00am Shelly	Cycle 9:00am-10:00am Amy
BodyPump 9:30am-10:30am Mike	Pilates 9:30am-10:30am Lisa	Zumba 9:30am-10:30am Jen	Core Conditioning & Mobility 9:30am-10:30am Lynn	Lo-impact Cardio-Strength 8:30am-9:30am Lynn	Pilates 10:00am-11:00am Lisa	↑ Starts 10/18
	Cycle 9:30am-10:00am Amy			Cardio Tabata 9:30am-10:30am Amy		
	Lo-impact Cardio-Strength 4:30pm-5:30pm Lynn		Zumba 4:00pm-5:00pm Jen			
BODYCOMBAT 5:30pm-6:30pm Kerin	Cardio Dance 5:30pm-6:30pm Jen	BodyPump 5:30pm-6:30pm Kali	BODYCOMBAT 5:30pm-6:30pm Gina L.			
BodyPump Express 6:30pm-7:15pm Kerin	Vinyassa Yoga 6:30pm-7:30pm Stacey					

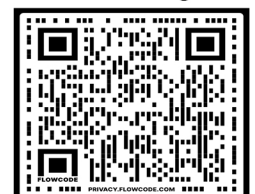
GYM HOURS

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

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