

# PHAZE 3 FITNESS

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN	
	5:30 AM	<b>LES MILLS BODYPUMP</b> Keil	<b>LES MILLS BODYCOMBAT</b> Keil	<b>LES MILLS BODYPUMP</b> Debbie C	<b>LES MILLS BODYCOMBAT</b> Keil	<b>LES MILLS BODYPUMP</b> Debbie C	<b>LES MILLS GRIT</b> Dante	8:15 AM	<b>LES MILLS BODYCOMBAT</b> Leonard	
	8:30 AM	<b>LES MILLS BODYATTACK</b> Nikole	<b>LES MILLS BODYCOMBAT</b> Kelly	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Nikole	<b>LES MILLS BODYFLOW</b> Britney	<b>LES MILLS BODYFLOW</b> Britney	9:30 AM	<b>LES MILLS BODYPUMP</b> Leonard	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Courtney/Kelly	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Charlene	<b>LES MILLS BODYFLOW</b> Courtney	<b>LES MILLS BODYPUMP</b> Charlene	<b>LES MILLS BODYPUMP</b> Charlene	10:40 AM	<b>LES MILLS BODYFLOW</b> Keil	
	10:30 AM	<b>DANCE</b> FITNESS Zonie	<b>Barre</b> Claudelle				<b>LES MILLS GRIT</b> Courtney/Kelly	12:15 PM		<b>LES MILLS GRIT</b> Dante
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>LES MILLS BODYATTACK</b> Stacey/Nikole	<b>LES MILLS BODYPUMP</b> Leonard	<b>LES MILLS BODYCOMBAT</b> Leonard	<b>LES MILLS BODYPUMP</b> Cecilia	<b>LES MILLS BODYPUMP</b> Cecilia	1:00 PM		<b>LES MILLS BODYCOMBAT</b> Jen
	5:30 PM	<b>LES MILLS BODYCOMBAT</b> Liz	<b>LES MILLS BODYPUMP</b> Elaine	Start time 5:40PM <b>LES MILLS GRIT</b> Stacey/Nikole	<b>LES MILLS BODYPUMP</b> Cecilia	<b>DANCE</b> FITNESS Brittany	<b>DANCE</b> FITNESS Brittany	2:00 PM		<b>LES MILLS BODYPUMP</b> Jen
	6:30 PM	<b>LES MILLS BODYPUMP</b> Rebekah	<b>LES MILLS BODYFLOW</b> Elaine	<b>LES MILLS BODYPUMP</b> Jennifer	<b>DANCE</b> FITNESS Zonie					

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>LES MILLS sprint</b> Jen	<b>LES MILLS RPM</b> Jen	<b>LES MILLS sprint</b> Jen	<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian	<b>LES MILLS sprint</b> Jen			
	8:15 AM		<b>LES MILLS sprint</b> Nikole	<b>LES MILLS sprint</b> Nikole					
	9:15 AM	<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian			<b>LES MILLS RPM</b> Caitlin	<b>LES MILLS sprint</b> Lindsey	9:15 AM	<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian	
	4:15 PM	<b>LES MILLS RPM</b> Debbie S		<b>LES MILLS sprint</b> Courtney		<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian	1:00 PM		<b>LES MILLS sprint</b>
	5:15 PM	<b>FREESTYLE RIDE COACH BY COLORS</b> Abria	<b>LES MILLS sprint</b> Erin	<b>LES MILLS RPM</b> Sonya					
	6:15 PM		<b>FREESTYLE RIDE COACH BY COLORS</b> Abria		<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian		3:00 PM		<b>FREESTYLE RIDE COACH BY COLORS</b> Abria

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>HOT YOGA STRETCH</b> Dana		<b>HOT VINYASA FLOW</b>			<b>HOT POWER YOGA</b> Dewey		
	8:30 AM	<b>HOT POWER VINYASA</b> Jennifer	<b>HOT POWER VINYASA</b> Eva	<b>HOT GENTLE VINYASA</b> Eva	<b>HOT POWER VINYASA</b> Eva		8:15 AM	<b>HOT VINYASA ASHTANGA</b> Bobbie W	
	9:40 AM	<b>HOT HATHA</b> Jennifer					9:30 AM	<b>HOT VINYASA ASHTANGA</b> Bobbie W	
	4:15 PM			<b>HOT YOGA FLOW</b> Sherry		<b>HOT EMBODIED POWER</b> Annemarie			
	5:30 PM	<b>HOT POWER YOGA</b> Kira	<b>HOT POWER VINYASA</b> Jennifer	<b>HOT BEGINNER YOGA</b> Dana	<b>HOT YOGA FLOW</b> Kira		1:30 PM		<b>HOT EMBODIED YOGA</b> Bobbie B (75 minutes)
	6:45 PM	<b>HOT SLOW AND STRETCH</b> Misti	<b>BUTI YOGA</b> Brittany		<b>HOT HATHA ALIGNMENT</b> Bobbie W				

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	<b>H<sub>2</sub>O Fitness</b> Cathy		<b>H<sub>2</sub>O Fitness</b> Robyn		
		***Pool closed to open swim while classes are in progress. Thank you for understanding!***				

OPERATION HOURS	GYM		KIDS CLUB	
	MON - THURS:	5am to 10pm	MON - FRI:	8am to 1pm - 4pm to 8pm
	FRIDAY:	5am to 9pm	SATURDAY:	8am to 1pm
	SATURDAY:	8am to 6pm	SUNDAY:	12pm to 4pm
	SUNDAY:	10am to 6pm		



Welcome to Phaze 3 Fitness! If you have any questions, let us know and we will make adjustments based on member comments and class participation. We look forward to seeing you in the next class!