PHAZE 3 FITNESS

GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	LesMills BODYPUMP 45 Sonya	LesMills BODYCOMBAT 45 Keil	LesMills BODYPUMP 45 Debbie C	LesMills BODYCOMBAT 45 Keil	LesMills BODYPUMP 30 / LesMills GRIT 30 Debbie C / Dante	8:15 AM	LesMills BODYCOMBAT Leonard	
8:30 AM	LesMills BODYATTACK 45 Nicole	LesMills BODYPUMP 45 Nikole	ZUMBA FITNESS Charlene	LesMills BODYCOMBAT 45 Kelly	LesMills BODYFLOW 45 Britney	9:30 AM	LesMills BODYPUMP Leonard	
9:30 AM	LesMills BODYPUMP Liz	ZUMBA FITNESS Charlene	LesMills BODYPUMP Charlene	LesMills BODYFLOW Courtney	LesMills BODYPUMP Charlene	10:40 AM	LesMills BODYFLOW Keil	
10:30 AM	DANCE - FITNESS - Krystal	BARRE - FITNESS - Claudelle	SCULPT - FITNESS - April		BARRE - FITNESS - Crystal	12:15 PM		LesMills GRIT 30 Dante
12:00 PM	SCULPT - FITNESS - April					1:00 PM		LesMills BODYCOMBAT 45 Liz
4:30 PM	LesMills BODYPUMP Cecilia	LesMills BODYATTACK 30 / Phaze3 FITNESS METCON 30 Nicole/Stacey	LesMills BODYPUMP Leonard	LesMills BODYCOMBAT 45 Leonard	LesMills BODYPUMP Cecilia	2:00 PM		LesMills BODYPUMP Jen
5:30 PM	LesMills BODYCOMBAT 45 Liz	LesMills BODYPUMP Elaine	Start time 5:40PM LesMills GRIT 30 Stacey/Nicole	LesMills BODYPUMP Cecilia	DANCE - FITNESS - Brittany			
6:30 PM	LesMills BODYPUMP Rebekah	LesMills BODYFLOW Elaine	LesMills BODYPUMP Jennifer	ZUMBA FITNESS Krystal				

CYCLE STUDIO

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	LesMills sprint Jen	LesMills RPM Jen	LesMills sprint Jen	FREESTYLE RIDE COACH BY COLORS Adrian	LesMills sprint Jen			
8:30 AM			LesMills sprint Nikole					
9:15 AM	FREESTYLE RIDE COACH BY COLORS Adrian			LesMills RPM Caitlin	LesMills sprint Nikole	9:15 AM	FREESTYLE RIDE COACH BY COLORS Adrian	
12:00 PM		30 MINUTE EXPRESS COACH BY COLORS Abria				1:00 PM		LesMills sprint Jen
4:15 PM	LesMills RPM Debbie S		LesMills sprint Sonya		FREESTYLE RIDE COACH BY COLORS Adrian	3:00 PM		FREESTYLE RIDE COACH BY COLORS Abria
5:15 PM	FREESTYLE RIDE COACH BY COLORS Abria	30 MINUTE EXPRESS COACH BY COLORS Adrian		LesMills sprint Sonya				
6:15 PM		FREESTYLE RIDE COACH BY COLORS Abria		FREESTYLE RIDE COACH BY COLORS Adrian				

HOT YOGA STUDIO

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM	*HOT STRETCH & STRENGTH Dana*		*HOT STRENGTH FLOW Brittany*		*HOT POWER YOGA Dewey*			
8:30 AM	*HOT POWER VINYASA Jennifer*	*HOT POWER VINYASA Eva*	*HOT GENTLE VINYASA Eva*	*HOT POWER VINYASA Eva*		8:15 AM	*HOT VINYASA FLOW*	
9:40 AM	*HOT VINYASA FLOW Jennifer*				*HOT VINYASA FLOW Dana*	9:30 AM	*HOT VINYASA FLOW*	
4:15 PM	*HOT POWER VINYASA Laurie*		*HOT YOGA FLOW Sherry*		*HOT EMBODIED POWER Annemarie*			
5:30 PM	*HOT POWER YOGA Kira*	*HOT POWER VINYASA Jennifer*	*HOT YOGA FOUNDATIONS Dana*	*HOT POWER YOGA Eva*		1:30 PM		*HOT POWER YOGA Dewey*
6:45 PM	*HOT SLOW & STRETCH Misti*	*BUTI YOGA Brittany*						

POOL

TIME	MON	TUE	WED	THURS	FRI
9:30 AM	H2OFitness Cathy		H2OFitness Robyn		H2OFitness Cathy
		Pool closed to open swim whiole classes are in progress. Thank you for understanding!			

Welcome to Phaze 3 Fitness!
If you have any questions or comments, email them to
Courtney@phaze3fitness.com
We look forward to seeing you in the next class!
Schedule and class descriptions are also available on our website www.phaze3fitness.com!

Phaze3 FITNESS

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	