

# PHAZE 3 FITNESS

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN	
	5:30 AM	LES MILLS BODYPUMP Gindy 45	LES MILLS BODYCOMBAT Keil 45	LES MILLS BODYPUMP Debbie C 45	LES MILLS BODYCOMBAT Keil 45	LES MILLS BODYPUMP Debbie C 45	LES MILLS GRIT Dante 30	8:15 AM	LES MILLS BODYCOMBAT Leonard	
	8:30 AM	LES MILLS BODYATTACK Nicole 45	LES MILLS BODYPUMP Nikole 45	ZUMBA Charlene 45	LES MILLS BODYCOMBAT Kelly 45	LES MILLS BODYBALANCE Kelly 45		9:30 AM	LES MILLS BODYPUMP Leonard	
	9:30 AM	LES MILLS BODYPUMP Liz	ZUMBA Charlene 45	LES MILLS BODYPUMP Charlene	LES MILLS BODYBALANCE Courtney	LES MILLS BODYPUMP Charlene		10:40 AM	LES MILLS BODYBALANCE Keil	
	10:40 AM	PILATES Crystal	BARRE Crystal	LES MILLS BODYCOMBAT Kelly/Liz 45		BARRE Crystal		12:15 PM		LES MILLS GRIT Dante 30
	12:00 PM							1:00 PM		LES MILLS BODYCOMBAT Liz 45
	4:30 PM	LES MILLS BODYPUMP Cecilia	LES MILLS BODYATTACK Phaze3 METCON Nicole/Stacey 30	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Leonard 45	LES MILLS BODYPUMP Cecilia		2:00 PM		LES MILLS BODYPUMP Jen H
	5:30 PM	LES MILLS BODYCOMBAT Liz 45	LES MILLS BODYPUMP Elaine	Start time 5:40PM LES MILLS GRIT Dante/Nicole 30	LES MILLS BODYPUMP Cecilia	DANCE FITNESS Brittany				
	6:30 PM	LES MILLS BODYPUMP Rebekah	LES MILLS BODYBALANCE Elaine	LES MILLS BODYPUMP Jen H	ZUMBA Fe 45					

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

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	HOT STRETCH & STRENGTH Renee		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		8:30 AM	HOT VINYASA FLOW	
	10:00 AM	HOT VINYASA FLOW Jennifer				HOT VINYASA FLOW Dana	10:00 AM	HOT VINYASA FLOW Alicia	
	4:30 PM	HOT POWER VINYASA Laurie		HOT YOGA FLOW Sherry		HOT EMBODIED POWER Annemarie			
	5:30 PM		HOT POWER VINYASA Jennifer		HOT POWER YOGA April		1:30 PM		HOT POWER YOGA Dewey
	6:00 PM	HOT SLOW & STRETCH Misti		HOT YOGA FOUNDATIONS Dana					
6:45 PM		BUTI YOGA Brittany							

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	H2OFitness Cathy		H2OFitness Robyn		H2OFitness Cathy
		***Pool closed to open swim whole 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](mailto: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](http://www.phaze3fitness.com)!



OPERATION HOURS

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