

PHAZE 3 FITNESS

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

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	FREESTYLE RIDE COACH BY COLORS Adrian	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 Lindsey	9:15 AM	FREESTYLE RIDE COACH BY COLORS Abria	
	12:00 PM		FREESTYLE RIDE COACH BY COLORS Abria	FREESTYLE RIDE COACH BY COLORS Adrian			1:00 PM		LES MILLS sprint Jen H
	4:15 PM	LES MILLS RPM Debbie S	LES MILLS 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			FREESTYLE RIDE COACH BY COLORS Tia				
	6:15 PM		FREESTYLE RIDE COACH BY COLORS Abria						

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM		HOT STRETCH YOGA Meg	HOT STRENGTH FLOW (Rotation) Brittany/Fred		HOT POWER YOGA Dewey			
	8:30 AM	HOT POWER VINYASA Jennifer	HOT POWER VINYASA Eva	HOT POWER VINYASA Eva	HOT POWER VINYASA Eva		8:30 AM	HOT YOGA Instructor Rotation	
	10:00 AM	HOT VINYASA FLOW Jennifer		HOT VINYASA FLOW Titus		HOT VINYASA FLOW Dana	10:00 AM	HOT YOGA Instructor Rotation	
	4:30 PM	HOT POWER VINYASA Annemarie		HOT YOGA FLOW Sherry		HOT EMBODIED POWER Annemarie	12:00 PM		HOT YOGA FLOW Meg
	5:30 PM		HOT POWER VINYASA Jennifer		HOT YOGA CHIZLE Fred		1:30 PM		HOT POWER YOGA Dewey
	6:00 PM	HOT HATHA FLOW Laurie <small>75 minute class</small>		HOT YOGA FOUNDATIONS Dana					
6:45 PM		BUTI YOGA Brittany							

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	H2OFitness Cathy		H2OFitness Tammy		H2OFitness Cathy
		Pool closed to open swim while 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!



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