

# PHAZE 3 FITNESS

Effective as of March 6, 2024

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>LES MILLS BODYPUMP</b> Katie	<b>LES MILLS BODYCOMBAT</b> Avery	<b>LES MILLS BODYPUMP</b> Deb	<b>LES MILLS BODYCOMBAT</b> Avery	<b>LES MILLS BODYPUMP</b> Deb / <b>GRIT</b> Dante	8:15 AM	<b>LES MILLS BODYCOMBAT</b> Leonard	
	8:30 AM	<b>LES MILLS BODYATTACK</b> Nicole	<b>LES MILLS BODYPUMP</b> Nicole	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYCOMBAT</b> Kelly	<b>LES MILLS BODYBALANCE</b> Britney	9:30 AM	<b>LES MILLS BODYPUMP</b> Leonard	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Liz	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Charlene	<b>LES MILLS BODYBALANCE</b> Courtney	<b>LES MILLS BODYPUMP</b> Charlene	10:40 AM	<b>LES MILLS BODYBALANCE</b> Jen	
	10:40 AM	<b>LES MILLS BODYBALANCE</b> Britney					12:15 PM		<b>GRIT</b> Dante
	12:00 PM					<b>LES MILLS BODYATTACK</b> Nicole/Chris	1:00 PM		<b>LES MILLS BODYCOMBAT</b> Liz
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>LES MILLS BODYATTACK</b> Stacey / <b>Phaze3 METCON</b>	<b>LES MILLS BODYPUMP</b> Leonard	<b>LES MILLS BODYCOMBAT</b> Leonard	<b>LES MILLS BODYPUMP</b> Cecilia	2:00 PM		<b>LES MILLS BODYPUMP</b> Jillian
	5:30 PM	<b>LES MILLS BODYCOMBAT</b> Avery	<b>LES MILLS BODYPUMP</b> Chris	Start time 5:40PM <b>GRIT</b> Dante/Nicole	<b>LES MILLS BODYPUMP</b> Cecilia	Start time 5:40PM <b>DANCE - FITNESS</b> Brittany			
	6:30 PM	<b>LES MILLS BODYPUMP</b> Angel	<b>LES MILLS BODYBALANCE</b> Elaine	<b>LES MILLS BODYPUMP</b> Fe	<b>ZUMBA</b> Fe				

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> Sonya	<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian	<b>LES MILLS sprint</b> Jen			
	8:30 AM			<b>LES MILLS sprint</b> Nikole					
	9:15 AM	<b>FREESTYLE RIDE COACH BY COLORS</b> Abria			<b>LES MILLS RPM</b> Caitlin	<b>Freestyle Fridays!</b> Nikole/Connie	9:15 AM	<b>FREESTYLE RIDE COACH BY COLORS</b> Abria	
	12:00 PM		<b>FREESTYLE RIDE COACH BY COLORS</b> Abria	<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian					
	4:15 PM		<b>LES MILLS sprint</b> Courtney			<b>FREESTYLE RIDE COACH BY COLORS</b> Adrian	3:00 PM		<b>FREESTYLE RIDE COACH BY COLORS</b> Abria
	5:15 PM	<b>FREESTYLE RIDE COACH BY COLORS</b> Abria			<b>FREESTYLE RIDE COACH BY COLORS</b> Tia				
	6:15 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 STRENGTH &amp; STRETCH</b> Misti		<b>HOT STRENGTH FLOW</b> Misti		<b>HOT POWER YOGA</b> Dewey			<b>MARCH SATURDAY CLASS TIMES &amp; INSTRUCTORS TBD ON A WEEKLY BASIS. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR</b>
	8:30 AM	<b>HOT POWER VINYASA</b> Jennifer	<b>HOT POWER VINYASA</b> Eva	<b>HOT POWER VINYASA</b> Eva	<b>HOT POWER VINYASA</b> Eva		8:30 AM	<b>HOT YOGA</b> Instructor Rotation	
	10:00 AM	<b>HOT VINYASA FLOW</b> Jennifer		<b>HOT VINYASA FLOW</b> Titus		<b>HOT VINYASA FLOW</b> Dana	10:00 AM	<b>HOT YOGA</b> Instructor Rotation	
	4:30 PM	<b>HOT POWER VINYASA</b> Annemarie		<b>HOT YOGA FLOW</b> Sherry		<b>HOT EMBODIED POWER</b> Annemarie	12:00 PM		
	5:30 PM		<b>HOT POWER VINYASA</b> Jennifer		<b>HOT YOGA CHIZLE</b> Fred		1:30 PM		<b>HOT POWER YOGA</b> Dewey
	6:00 PM	<b>HOT HATHA FLOW</b> Laurie <small>75 minute class</small>		<b>HOT YOGA FOUNDATIONS</b> Dana					
	6:45 PM		<b>BUTI YOGA</b> Fred						

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	<b>H2OFitness</b> Cathy		<b>H2OFitness</b> Angel		<b>H2OFitness</b> 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](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

**Phaze3**  
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