

PHAZE 3 FITNESS

Effective as of May 7, 2024

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

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	LES MILLS sprint Jen	LES MILLS RPM Jen	LES MILLS sprint Sonya	FREESTYLE RIDE COACH BY COLORS Adrian	LES MILLS sprint Jen			
	8:30 AM			LES MILLS sprint Nikole					
	9:15 AM	FREESTYLE RIDE COACH BY COLORS Abria			LES MILLS RPM Caitlin	Freestyle Fridays! Nikole/Connie	9:15 AM	FREESTYLE RIDE COACH BY COLORS Abria	
	12:00 PM		FREESTYLE RIDE COACH BY COLORS Abria	FREESTYLE RIDE COACH BY COLORS Adrian					
	4:15 PM		LES MILLS sprint Courtney			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 STRENGTH & STRETCH Jennifer T		HOT STRENGTH FLOW Misti		HOT POWER YOGA Dewey			SATURDAY CLASS TIMES & INSTRUCTORS TBD ON A WEEKLY BASIS. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR
	8:30 AM	HOT POWER VINYASA Jennifer C		HOT POWER VINYASA Kaelie			8:30 AM	HOT YOGA Instructor Rotation	
	10:00 AM	HOT VINYASA FLOW Jennifer C		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		
	5:30 PM		HOT POWER VINYASA Jennifer C		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 Fred							

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	H2OFitness Cathy		H2OFitness Angel		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

