

PHAZE 3 FITNESS

Effective as of December 1, 2024

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	LES MILLS BODYPUMP Katie	LES MILLS BODYCOMBAT Avery	LES MILLS BODYPUMP Deb	LES MILLS BODYCOMBAT Avery	LES MILLS BODYPUMP Courtney	8:15 AM	LES MILLS BODYCOMBAT Chris	
	5:45 AM					LES MILLS GRIT Dante	9:30 AM	LES MILLS BODYPUMP Chris	
	8:30 AM	LES MILLS BODYATTACK Nicole	LES MILLS BODYPUMP Nikole	ZUMBA Charlene	LES MILLS BODYCOMBAT Chris	LES MILLS BODYBALANCE Britney	10:40 AM	LES MILLS BODYBALANCE Jen	
	9:30 AM	LES MILLS BODYPUMP Liz	ZUMBA Charlene	LES MILLS BODYPUMP Charlene	LES MILLS BODYBALANCE Courtney	LES MILLS BODYPUMP Charlene	POP UP CLASS SATURDAY 14th at 10:50am Dance Fitness		
	10:40 AM	LES MILLS BODYBALANCE Britney							
	12:00 PM		Mobility Toisha			LES MILLS BODYATTACK Nicole/Chris	12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	LES MILLS BODYATTACK Stacey	LES MILLS BODYPUMP Hollie	LES MILLS BODYCOMBAT Chris	LES MILLS BODYPUMP Cecilia	1:00 PM		LES MILLS BODYCOMBAT Liz
	5:30 PM	LES MILLS BODYCOMBAT Avery	LES MILLS BODYPUMP Chris	*5:40PM* LES MILLS GRIT Dante/Nicole	LES MILLS BODYPUMP Cecilia	*5:40PM* Dance Fitness Brittany	2:00 PM		LES MILLS BODYPUMP Jillian
6:30 PM	LES MILLS BODYPUMP Fe	LES MILLS BODYBALANCE Elaine	LES MILLS BODYPUMP Angel	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 Jen	Free Spin Adrian	LES MILLS sprint Jen			
	8:30 AM			LES MILLS sprint Nikole					
	9:15 AM	Free Spin Abria				Free Spin Nikole/Connie	9:15 AM	Free Spin Abria	
	12:00 PM		Free Spin Abria	Free Spin Adrian					
	4:15 PM			LES MILLS sprint Courtney		Free Spin Adrian	3:00 PM		Free Spin Abria
	5:15 PM	Free Spin Abria			Free Spin Tia				
6:15 PM		Free Spin Abria							

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	Hot Strength & Stretch Jennifer T		Hot Power Misti		Hot Power 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 Michel	Hot Flow Gagan	Hot Power Kaelie					
	10:00 AM	Hot Flow Michel		Hot Flow Alex		Hot Flow Dana			
	4:30 PM	Hot Power AnneMarie		Hot Flow Jennifer T		Hot Flow Bob	8:30 AM	Hot Yoga	
	5:30 PM		Hot Power Bob		Hot Power Fred		10:00 AM	Hot Yoga	
	6:00 PM	Hot Strength & Stretch Misti		Hot Foundations Dana			1:30 PM		Hot Power Dewey
6:45 PM		Balti Fred							

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

