

# PHAZE 3 FITNESS

Effective as of January 19, 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN	
	5:15 AM	<b>LES MILLS BODYPUMP</b> Katie	<b>LES MILLS BODYCOMBAT</b> Avery	<b>LES MILLS BODYPUMP</b> Sub	<b>LES MILLS BODYCOMBAT</b> Avery			8:15 AM	<b>LES MILLS BODYCOMBAT</b> Chris	
	5:45 AM					<b>LES MILLS GRIT</b> Dante	9:30 AM	<b>LES MILLS BODYPUMP</b> Chris		
	8:30 AM	<b>LES MILLS BODYATTACK</b> Nicole	<b>LES MILLS BODYPUMP</b> Nikole	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYCOMBAT</b> Chris	<b>LES MILLS BODYBALANCE</b> Britney	10:40 AM	<b>LES MILLS BODYBALANCE</b> Kell		
	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> Britney								
	12:00 PM					<b>LES MILLS BODYATTACK</b> Nicole/Chris	12:15 PM		<b>LES MILLS GRIT</b> Dante	
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>LES MILLS BODYATTACK</b> Stacey	<b>LES MILLS BODYPUMP</b> Hollie	<b>LES MILLS BODYCOMBAT</b> Chris	<b>LES MILLS BODYPUMP</b> Cecilia	1:00 PM		<b>LES MILLS BODYCOMBAT</b> Sonya	
	5:30 PM	<b>LES MILLS BODYCOMBAT</b> Avery	<b>LES MILLS BODYPUMP</b> Chris	*5:40PM* <b>LES MILLS GRIT</b> Dante/Nicole	<b>LES MILLS BODYPUMP</b> Cecilia	*5:40PM* <b>Dance Fitness</b> Brittany	2:00 PM		<b>LES MILLS BODYPUMP</b> Jillian	
	6:30 PM	<b>LES MILLS BODYPUMP</b> Fe	<b>LES MILLS BODYBALANCE</b> Elaine	<b>LES MILLS BODYPUMP</b> Angel	<b>ZUMBA</b> Fe					

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>LES MILLS sprint</b> Adrian	<b>LES MILLS RPM</b> Sonya	<b>LES MILLS sprint</b> Sub	<b>Free Spin</b> Adrian	<b>LES MILLS sprint</b> Sub			
	8:30 AM			<b>LES MILLS sprint</b> Nikole					
	9:15 AM	<b>Free Spin</b> Abria				<b>Free Spin</b> Nikole/Connie	9:15 AM	<b>Free Spin</b> Abria	
	12:00 PM		<b>Free Spin</b> Abria	<b>Free Spin</b> Adrian					
	4:15 PM			<b>sprint</b> Courtney		<b>Free Spin</b> Adrian	3:00 PM		<b>Free Spin</b> Abria
	5:15 PM	<b>Free Spin</b> Abria			<b>Free Spin</b> Tia				
6:15 PM		<b>Free Spin</b> Abria							

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>Hot Strength &amp; Stretch</b> Amy		<b>Hot Power</b> Jennifer T		<b>Hot Power</b> Jennifer T		<b>SATURDAY</b> CLASS TIMES & INSTRUCTORS TBD ON A WEEKLY BASIS. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR	
	8:30 AM	<b>Hot Power</b> Michel	<b>Hot Flow</b> Gagan	<b>Hot Power</b> Kaelie					
	10:00 AM	<b>Hot Flow</b> Michel		<b>Hot Flow</b> Amy		<b>Hot Flow</b> Dana			
	4:30 PM	<b>Hot Power</b> AnneMarie		<b>Hot Flow</b> Misti		<b>Hot Flow</b> Bob	8:30 AM	<b>Hot Yoga</b>	
	5:30 PM		<b>Hot Power</b> Bob		<b>Hot Power</b> Misti		10:00 AM	<b>Hot Yoga</b>	
	6:00 PM	<b>Hot Strength &amp; Stretch</b> Misti		<b>Hot Foundations</b> Dana			1:30 PM		<b>Hot Power</b> Toisha
6:45 PM		<b>Buti</b> Fred	<b>Mobility</b> Toisha						

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	<b>Water Aerobics</b> Cathy		<b>Water Aerobics</b> Angel		<b>Water Aerobics</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

