

# PHAZE 3 FITNESS

Effective as of January 9, 2025

| GROUP FITNESS STUDIO | TIME     | MON                                     | TUE                                    | WED  | THURS                                    | FRI   | TIME   | SAT                                  | SUN                                  |
|----------------------|----------|---|--|--|--|---|--|--------------------------------------|--------------------------------------|
|                      | 5:15 AM  | <b>LES MILLS BODYPUMP</b><br>Katie      | <b>LES MILLS BODYCOMBAT</b><br>Avery   | <b>LES MILLS BODYPUMP</b><br>Deb               | <b>LES MILLS BODYCOMBAT</b><br>Avery     | <b>LES MILLS BODYPUMP</b><br>Sub            | 8:15 AM  | <b>LES MILLS BODYCOMBAT</b><br>Chris |                                      |
|                      | 5:45 AM  |   |  |  |  | <b>LES MILLS GRIT</b><br>Dante              | 9:30 AM  | <b>LES MILLS BODYPUMP</b><br>Chris   |                                      |
|                      | 8:30 AM  | <b>LES MILLS BODYATTACK</b><br>Nicole   | <b>LES MILLS BODYPUMP</b><br>Nikole    | <b>ZUMBA</b><br>Charlene                       | <b>LES MILLS BODYCOMBAT</b><br>Chris     | <b>LES MILLS BODYBALANCE</b><br>Britney     | 10:40 AM   | <b>LES MILLS BODYBALANCE</b><br>Kell |                                      |
|                      | 9:30 AM  | <b>LES MILLS BODYPUMP</b><br>Liz        | <b>ZUMBA</b><br>Charlene               | <b>LES MILLS BODYPUMP</b><br>Charlene          | <b>LES MILLS BODYBALANCE</b><br>Courtney | <b>LES MILLS BODYPUMP</b><br>Charlene       | POP UP CLASS<br>SATURDAY 18th @<br>11:50am<br>Dante<br>Dance Fitness |                                      |                                      |
|                      | 10:40 AM | <b>LES MILLS BODYBALANCE</b><br>Britney |  |  |  |   |  |                                      |                                      |
|                      | 12:00 PM |   | <b>Mobility</b><br>Toisha              |  |  | <b>LES MILLS BODYATTACK</b><br>Nicole/Chris | 12:15 PM   |                                      | <b>LES MILLS GRIT</b><br>Dante       |
|                      | 4:30 PM  | <b>LES MILLS BODYPUMP</b><br>Cecilia    | <b>LES MILLS BODYATTACK</b><br>Stacey  | <b>LES MILLS BODYPUMP</b><br>Hollie            | <b>LES MILLS BODYCOMBAT</b><br>Chris     | <b>LES MILLS BODYPUMP</b><br>Cecilia        | 1:00 PM  |                                      | <b>LES MILLS BODYCOMBAT</b><br>Sonya |
|                      | 5:30 PM  | <b>LES MILLS BODYCOMBAT</b><br>Avery    | <b>LES MILLS BODYPUMP</b><br>Chris     | *5:40PM* <b>LES MILLS GRIT</b><br>Dante/Nicole | <b>LES MILLS BODYPUMP</b><br>Cecilia     | *5:40PM* <b>Dance Fitness</b><br>Brittany   | 2:00 PM  |                                      | <b>LES MILLS BODYPUMP</b><br>Jillian |
|                      | 6:30 PM  | <b>LES MILLS BODYPUMP</b><br>Fe         | <b>LES MILLS BODYBALANCE</b><br>Elaine | <b>LES MILLS BODYPUMP</b><br>Angel             | <b>ZUMBA</b><br>Fe                       |   |  |                                      |                                      |

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

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

| POOL   | TIME    | MON                            | TUE | WED                            | THURS | FRI                            |
|--|---------|--------------------------------|-----|--------------------------------|-------|--------------------------------|
|  | 9:30 AM | <b>Water Aerobics</b><br>Cathy |     | <b>Water Aerobics</b><br>Angel |       | <b>Water Aerobics</b><br>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<br>FRIDAY : 5am to 9pm<br>SATURDAY: 8am to 6pm<br>SUNDAY: 10am to 6pm | MON - FRI: 8am to 1pm - 4pm to 8pm<br>SATURDAY: 8am to 1pm<br>SUNDAY: 12pm to 4pm |

