

# PHAZE 3 GROUP FITNESS - JONES VALLEY

Effective March 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM		<b>LES MILLS BODYPUMP</b> Bridget	<b>Dance Fitness</b> Quinta	<b>LES MILLS BODYPUMP</b> Bridget		8:15 AM	<b>LES MILLS BODYPUMP</b> Diana	
							9:30 AM	<b>LES MILLS BODYATTACK</b> Katrina	
	8:30 AM	<b>LES MILLS BODYBALANCE</b> Diana	<b>LES MILLS BODYPUMP</b> Bridget	<b>LES MILLS BODYATTACK</b> Bridget	<b>LES MILLS BODYPUMP</b> Bridget	<b>Dance Fitness</b> Quinta	10:40 AM	<b>Dance Fitness</b> <b>ZUMBA</b> Rotation: 3/7: Fe 3/8: Fe 3/15: Quinta 3/22: Guisella 3/29: Quinta	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Lindsey	<b>LES MILLS BODYCOMBAT</b> Liz	<b>LES MILLS BODYPUMP</b> Lindsey	<b>LES MILLS BODYCOMBAT</b> Erica	<b>LES MILLS BODYPUMP</b> Lindsey			
	12:00 PM	<b>LES MILLS BODYATTACK</b> Jenna	<b>LES MILLS BODYBALANCE</b> Erica	<b>LES MILLS BODYPUMP</b> Jan	<b>LES MILLS BODYBALANCE</b> Erica	<b>LES MILLS BODYPUMP</b> Fe/Liz	12:15 PM		<b>LES MILLS GRIT</b> Stacey
	4:30 PM	<b>LES MILLS BODYPUMP</b> Emily	<b>MeiCon</b> Anthony	<b>LES MILLS BODYPUMP</b> Emily	<b>LES MILLS BODYPUMP</b> Jessi	<b>LES MILLS BODYATTACK</b> Jenna	1:00 PM		<b>LES MILLS BODYCOMBAT</b> Erica
	5:30 PM	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>ZUMBA</b> Lisa	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>Dance Fitness</b> Mira	<b>LES MILLS BODYPUMP</b> Michelle	2:00 PM		<b>LES MILLS BODYPUMP</b> Liz/Nikole
	6:30 PM	<b>ZUMBA</b> Guisella		<b>LES MILLS BODYBALANCE</b> Diana					

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM		<b>Free Spin</b> Kristin	<b>Free Spin</b> Susi		<b>Free Spin</b> Susi			
	8:15 AM		<b>Free Spin</b> AC			<b>Free Spin</b> AC			
	9:15 AM	<b>Free Spin</b> Carrie		<b>Free Spin</b> Carrie	<b>RPM</b> Jan	<b>Free Spin</b> Carrie			
	4:15 PM		<b>** COMING SOON **</b>				3:00 PM		<b>Free Spin</b> Kristin
	5:15 PM								

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>Hot Flow</b> Pam	<b>Hot Power</b> Linda	<b>Hot Flow</b> Pam	<b>Hot Foundations</b> Pam	<b>Hot Flow</b> Gagan			
	8:30 AM	<b>Hot Power</b> Jen	<b>Hot Flow</b> Debbie	<b>Hot Flow</b> Linda	<b>Hot Flow</b> Debbie	<b>Hot Power</b> Linda	8:30 AM	<b>Hot Flow</b> Bob/Bobbie	
	4:30 PM				<b>Hot Power</b> Annemarie				
	5:30 PM	<b>Hot Flow</b> Bobbie	<b>Hot Power</b> Jen	<b>Hot Foundations</b> Bobbie					
	6:00 PM				<b>Hot Flow</b> Anita/Bobbie				
		***Please bring your own mat (and strap if desired) to class. Thank you!***							

POOL	TIME	MON	TUE	WED	THURS	FRI
	<b>Water Aerobics</b>			<b>** COMING SOON **</b>		
		***Pool closed to open swim while classes are in progress. Thanks for understanding!***				

**Welcome to Phaze 3 Fitness!**  
 Class descriptions are available on our website and class offerings will continue to be refined as our community grows.  
 Your input matters to us, so if you have questions or comments, please email:  
[phaze3liz@gmail.com](mailto:phaze3liz@gmail.com)

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OPERATION HOURS	<b>GYM</b>	<b>KIDS CLUB</b>
	MON - THURS: 5am to 10pm	MON - FRI: 8am to 1pm - 4pm to 8pm
	FRIDAY: 5am to 9pm	SATURDAY: 8am to 1pm
	SATURDAY: 8am to 6pm	SUNDAY: 12pm to 4pm
	SUNDAY: 10am to 6pm	