

# PHAZE 3 FITNESS

Effective as of February 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>Sub               | <b>LES MILLS BODYCOMBAT</b><br>Avery     |   |          | 8:15 AM   | <b>LES MILLS BODYCOMBAT</b><br>Keil                                      |  |
|                      | 5:45 AM  |   |  |  |  | <b>LES MILLS GRIT</b><br>Dante              | 9:30 AM  | <b>LES MILLS BODYPUMP</b>                                       | 1st - Katie<br>8th - Jillian & Hollie<br>15th - Jillian<br>22nd - Nikole |  |
|                      | 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>Keil                            |  |  |
|                      | 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       |          |   |  |  |
|                      | 10:40 AM | <b>LES MILLS BODYBALANCE</b><br>Britney |  |  |  |   |          |   |  |  |
|                      | 12:00 PM |   |  |  |  | <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  | 2nd - Avery<br>9th - Sonya<br>16th - Charlene<br>23rd - Leonard | <b>LES MILLS BODYCOMBAT</b><br>Dante                                     |  |
|                      | 5:30 PM  | <b>LES MILLS BODYCOMBAT</b><br>Avery    | <b>LES MILLS BODYPUMP</b><br>Jillian   | *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>Cedric            | <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         |                               |                                |                            |                                   | 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>sprint</b><br>Lindsey       |                            | <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 |          | <b>SATURDAY</b><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 |                           |                                | 11:30 AM |   | <b>Hot Strength &amp; Stretch</b><br>Alex |
| 6:45 PM         |          | <b>Buti</b><br>Fred                        | <b>Mobility</b><br>Toisha |                                |                           | 1:30 PM                        |          | <b>Hot Power</b><br>Toisha  |   |

| POOL | TIME    | MON  | TUE | WED  | THURS | FRI                            |
|------|---------|--|-----|--|-------|--------------------------------|
|      | 9:30 AM | <b>Water Aerobics</b><br>Cathy   |     | <b>Water Aerobics</b><br>5th - Joyce<br>12th - Jill<br>19th - Jill<br>26th - Terry |       | <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  
[phaze3courtney@gmail.com](mailto:phaze3courtney@gmail.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<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 |

