























PHAZE 3 FITNESS

Effective as of June 2025

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 Megan	8:15 AM	LES MILLS BODYCOMBAT Leonard	
	5:45 AM					LES MILLS GRIT Dante	9:30 AM	LES MILLS BODYPUMP Leonard	
	8:30 AM	LES MILLS BODYATTACK Megan	LES MILLS BODYPUMP Nikole	ZUMBA Charlene	LES MILLS BODYCOMBAT Liz/Charlene	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	<div>POP UP CLASS</div> <div>SATURDAY 14th @ 11:50am - Dante</div> <div>Dance Fitness</div>		<div>POP UP CLASS</div> <div>SUNDAY 22nd @ 3:30pm - Guisella</div> <div>ZUMBA</div>
	10:40 AM	LES MILLS BODYBALANCE Britney							
	12:00 PM					LES MILLS BODYATTACK Nicole/Megan	12:15 PM		LES MILLS GRIT Dante
	4:30 PM	LES MILLS BODYPUMP Cecilia	LES MILLS BODYATTACK Stacey	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Leonard	LES MILLS BODYPUMP Cecilia	1:00 PM		LES MILLS BODYCOMBAT Avery
	5:30 PM	LES MILLS BODYCOMBAT Chris	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 Keil	LES MILLS BODYPUMP Mary Beth	ZUMBA Fe		We are a BYOM facility, Bring Your Own Mat :) Specifically for BodyBalance & any other class you'd prefer a mat in		

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 Lindsey			LES MILLS sprint Lindsey			
	9:15 AM	Free Spin Abria					9:15 AM	Free Spin Abria	
	12:00 PM		Free Spin Abria	Free Spin Adrian					
	4:30 PM					Free Spin Adrian	3:00 PM		Free Spin Abria
	5:15 PM	Free Spin Abria		LES MILLS sprint Emmanuel	Free Spin Tia				
	6:15 PM	LES MILLS RPM Mary Beth	Free Spin Abria						

We are a BYOM facility, Bring Your Own Mat :)

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	 Hot Strength & Stretch <small>Amy</small>		 Hot Power <small>Jennifer T</small>		 Hot Power <small>Jennifer T</small>		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 <small>Michel</small>	 Hot Flow <small>Pam</small>	 Hot Power <small>Kaelie</small>	 Hot Flow <small>Amy</small>				
	10:00 AM	 Hot Flow <small>Michel</small>		 Hot Flow <small>Amy</small>		 Hot Flow <small>Dana</small>			
	4:30 PM	 Hot Power <small>AnneMarie</small>		 Hot Flow <small>Toisha</small>		 Hot Flow <small>Bob</small>	8:30 AM	 Hot Yoga	
	5:30 PM		 Hot Power <small>Bob</small>		 Hot Power <small>Elaine</small>		10:00 AM	 Hot Yoga	
	6:00 PM	 Hot Strength & Stretch <small>Elaine</small>		 Hot Foundations <small>Dana</small>			11:30 AM		 Hot Strength & Stretch <small>Alex</small>
	6:45 PM		 Buti				1:30 PM		 Hot Restorative Flow <small>Toisha</small>

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

OPERATION HOURS

GYM
MON - THURS: 5am to 10pm
FRIDAY: 5am to 9pm
SATURDAY: 8am to 6pm
SUNDAY: 10am to 6pm

KIDS CLUB
MON - FRI: 8am to 1pm - 4pm to 8pm
SATURDAY: 8am to 1pm
SUNDAY: 12pm to 4pm

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