

PHAZE 3 FITNESS

Effective as of July 5, 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	POP UP CLASS SUNDAY 20th @ 11 am - Dante Dance Fitness
	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			POP UP CLASS SUNDAY 27th @ 3:30pm - Guisella ZUMBA
	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	Free Step Stacey	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Leonard	LES MILLS BODYPUMP Cecilia	1:00 PM		LES MILLS BODYCOMBAT Avery
	5:30/5:40 PM	*5:40PM* LES MILLS BODYCOMBAT Chris	*5:30PM* LES MILLS BODYPUMP Chris	*5:40PM* LES MILLS GRIT Dante/Nicole	*5:30PM* 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 Nes	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						
	4:30 PM					Free Spin Emmanuel	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 Amy		Hot Power Jennifer T		Hot Power Jennifer T		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 Michel	Hot Flow Pam	Hot Power Kaelie	Hot Flow Amy				
	10:00 AM	Hot Flow Michel		Hot Flow Amy		Hot Flow Dana			
	4:30 PM	Hot Power AnneMarie		Hot Flow Toisha		Hot Flow Bob	8:30 AM	Hot Yoga	
	5:30 PM		Hot Power Bob		Hot Power Elaine		10:00 AM	Hot Yoga	
	6:00 PM	Hot Strength & Stretch Elaine		Hot Foundations Dana			11:30 AM		Hot Strength & Stretch Alex
	6:45 PM		Buti Fred				1:30 PM		Hot Restorative Flow Toisha

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

Phaze 3
FITNESS