

PHAZE 3 FITNESS

Effective as of September 2, 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 13th @ 11:50am - Dante</div> <div>Dance Fitness</div>		<div>POP UP CLASS</div> <div>SUNDAY 7th @ 3:30pm - Guisella</div> <div>ZUMBA</div>
	10:40 AM	LES MILLS BODYBALANCE Britney	CLASSIC Silver Sneakers Jessie	Barre Jessie	CLASSIC Silver Sneakers Jessie				
	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 Candace
	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 Jen	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 3rd - Courtney 10th - Nes 17th - Courtney 24th - Nes	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						
	4:30 PM					Free Spin Adrian	3:00 PM		Free Spin Abria
	5:15 PM	Free Spin Abria		LES MILLS sprint Emmanuel					
	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 Elaine		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 5th - Alex 12th - Pam 19th - Alex 26th - Toisha	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	KIDS CLUB
MON - THURS: 5am to 10pm FRIDAY : 5am to 9pm SATURDAY: 8am to 6pm SUNDAY: 10am to 6pm	MON - FRI: 8am to 1pm - 4pm to 8pm SATURDAY: 8am to 1pm SUNDAY: 12pm to 4pm

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FITNESS