

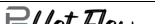
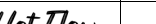
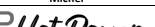
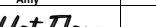
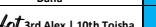
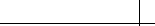
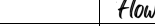
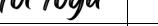
PHAZE 3 FITNESS

Effective as of October 1, 2025

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 Britney/Courtney	LES MILLS BODYPUMP Charlene	POP UP CLASS SUNDAY 5th @ 11:50am - Dante Dance Fitness		POP UP CLASS SUNDAY 5th @ 3:30pm - Guisella ZUMBA
10:40 AM	LES MILLS BODYBALANCE Britney	CLASSIC Silver Sneakers Jessie	BBarre 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	BFree 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 SUB ROTATION	*5:30PM* LES MILLS BODYPUMP Chris	*5:40PM* LES MILLS GRIT	*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	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	sprint Nes	Free Spin Adrian	sprint Jen			
	8:30 AM		sprint Lindsey			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		sprint Emmanuel					

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

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	 Amy		 Jennifer T		 Elaine		SATURDAY CLASS TIMES & INSTRUCTORS TBD ON A WEEKLY BASIS. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK FOR	
	8:30 AM	 Michel	 Pam	 Kaelie	 Amy				
	10:00 AM	 Michel		 Amy		 Dana			
	4:30 PM	 AnneMarie		 Toisha		 3rd Alex 10th Toisha 17th Alex 24th Toisha 31st Pam	8:30 AM		
	5:30 PM		 Bob		 Elaine		10:00 AM		
	6:00 PM	 Elaine		 Dana			11:30 AM		 Alex
	6:45 PM		 Egpd					1:30 PM	

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

Pool closed to open swim while classes are in progress. Thank you for understanding!

Welcome to Phase 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!

Phaze3
FITNESS

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