

Effective November 1, 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM		LES MILLS BODYPUMP Bridget	Dance Fitness Amanda	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Jenna	8:15 AM	LES MILLS BODYPUMP Diana	
							9:30 AM	Dance Fitness Quinta ZUMBA	
	8:15 AM	LES MILLS BODYBALANCE Diana	LES MILLS BODYPUMP Bridget	LES MILLS BODYATTACK Bridget	LES MILLS BODYPUMP Bridget	Dance Fitness Quinta	11/1: Guisella, Cassie, Amanda & Fe 11/8: Guisella (Zumba) 11/15: Amanda (Dance Fitness) 11/22: Cassie (Dance Fitness) 11/29: Cassie (Dance Fitness)		
	9:30 AM	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Liz	LES MILLS BODYPUMP Lindsey	LES MILLS BODYCOMBAT Erica	LES MILLS BODYPUMP Lindsey			
	11:00 AM			Silver Sneakers Robin		Silver Sneakers Christy	1:00 PM		LES MILLS BODYCOMBAT Erica
	12:00 PM		LES MILLS BODYBALANCE Erica	LES MILLS BODYPUMP Jan	LES MILLS BODYBALANCE Erica	LES MILLS BODYPUMP Liz/Megan	2:00 PM		LES MILLS BODYPUMP Liz/Nikole
	4:30 PM	LES MILLS BODYPUMP Emily	3 Circuit Michelle	LES MILLS BODYPUMP Emily	LES MILLS BODYPUMP Jan	**coming back soon**			
	5:40 PM	LES MILLS BODYCOMBAT Michelle	Dance Fitness Cassie/Eden	**coming back soon**	Dance Fitness Mira	LES MILLS BODYPUMP Michelle			
	6:40 PM	ZUMBA Guisella		LES MILLS BODYBALANCE Diana			**Most classes require a mat. Please bring your own**		

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	LES MILLS sprint Keely	Free Spin Kristin	Free Spin Keely		Free Spin Sui			
	8:15 AM		Free Spin AC		Free Spin Jwanya	Free Spin AC			
	9:15 AM	Free Spin Carrie		Free Spin Carrie	LES MILLS RPM Jan	LES MILLS sprint AC	9:30 AM	Free Spin Adrian	
	5:00 PM	LES MILLS sprint Keely	LES MILLS sprint Emily						
	5:45 PM			LES MILLS RPM Naomi			3:00 PM		Free Spin Kristin

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	Hot Flow Pam	Hot Power Linda	Hot Flow Pam	Hot Foundations Pam	Hot Flow Gagan			
	8:30 AM	Hot Power Jen	Hot Flow Debbie	Hot Flow Linda	Hot Flow Debbie	Hot Power Linda	8:30 AM	Hot Flow Bob	
	10:00 AM		Hot Foundations Megan	Hot Strength & Stretch Avery	Hot Flow Megan		10:00 AM	Hot Foundations Gagan	
	4:30 PM				Hot Power Annemarie	Hot Foundations Amanda	1:00 PM		Hot Flow Gagan
	5:30 PM	Hot Flow Bobbie	Hot Power Jen	Hot Foundations Bob					
	6:15 PM				Hot Flow Robin				
	6:45 PM			Hot Flow Gagan		***Please bring your own mat (and strap if desired) to class. Thank you!***			

POOL	TIME	MON	TUE	WED	THURS	FRI
	8:30 AM					AQUA ZUMBA Linda
	9:00 AM	Water Aerobics Michelle		Water Aerobics Michelle		

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

OPERATION
HOURS

GYM	KIDS CLUB
MON - THURS: 5am to 10pm	MON - FRI: 8am to 1pm - 4pm to 8pm
FRIDAY : 5am to 9pm	SATURDAY: 8am to 1pm
SATURDAY: 8am to 6pm	SUNDAY: 12pm to 4pm
SUNDAY: 10am to 6pm	

Welcome to Phaze 3 Fitness!

Class descriptions are available on our website and class offerings will continue to be refined as our community grows. Your input matters to us, so if you have questions or comments, please email: phaze3liz@gmail.com

**Phaze 3
FITNESS**

Jones Valley
1319 Four Mile Post Road SE
Huntsville, AL 35802
tel: 256.325.0338
www.phaze3fitness.com