

PHAZE 3 FITNESS

Effective as of November 1, 2025

GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:15 AM	LES MILLS BODYPUMP Katie	LES MILLS BODYCOMBAT Candace	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 Sally	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	LES MILLS BODYPUMP Charlene	POP UP CLASS SATURDAY 15th @ 11:50am - Dante Dance Fitness POP UP CLASS SUNDAY 16th @ 3:30pm - Guisella ZUMBA		
	10:40 AM	LES MILLS BODYBALANCE Britney	CLASSIC Silver Sneakers Jessie	P3 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	P3 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 Fe	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 Nes	P3 Free Spin Adrian	LES MILLS sprint Jen			
	8:30 AM		LES MILLS sprint Lindsey			LES MILLS sprint Lindsey			
	9:15 AM	P3 Free Spin Abria					9:15 AM	P3 Free Spin Abria	
	12:00 PM		P3 Free Spin Abria						
	4:30 PM					P3 Free Spin Adrian	3:00 PM		P3 Free Spin Abria
	5:15 PM	P3 Free Spin Abria	NEW! P3 Free Spin Adrian	LES MILLS sprint Emmanuel	NEW! P3 Free Spin Adrian				
	6:15 PM		P3 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	P3 Hot Strength & Stretch Amy		P3 Hot Power Jennifer T		P3 Hot Power Elaine		SATURDAY CLASS TIMES & INSTRUCTORS TBD ON A WEEKLY BASIS. KEEP AN EYE ON THE HOT YOGA DOOR OR FACEBOOK	
	8:30 AM	P3 Hot Power Michel	P3 Hot Flow Pam	P3 Hot Power Kaelie	P3 Hot Flow Amy				
	10:00 AM	P3 Hot Flow Michel		P3 Hot Flow Amy		P3 Hot Flow Dana			
	4:30 PM	P3 Hot Power AnneMarie		FORMAL CHANGE P3 Hot Restorative Flow Katie		P3 Hot Flow 11/7 - Alex 11/14 - Alex 11/21 - Pam	8:30 AM	P3 Hot Yoga	
	5:30 PM		P3 Hot Power Bob		P3 Hot Power Elaine		10:00 AM	P3 Hot Yoga	
	6:00 PM	P3 Hot Strength & Stretch Elaine		P3 Hot Foundations Dana			11:30 AM		P3 Hot Strength & Stretch Alex
	6:45 PM		P3 Buti Fred				1:30 PM		P3 Hot Restorative Flow Toisha

POOL	TIME	MON	TUE	WED	THURS	FRI
	9:30 AM	P3 Water Aerobics Cathy		P3 Water Aerobics 11/5 - Jill 11/12 - Joyce 11/19 - Terry 11/26 - Jessie		P3 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

phaze3charlene@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

Phaze3
FITNESS