

October 2020

PHAZE 3 FITNESS

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GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	LES MILLS BODYPUMP Jen	LES MILLS BODYCOMBAT Kell	LES MILLS BODYPUMP Debbie C	LES MILLS BODYCOMBAT Kell	LES MILLS BODYPUMP Debbie C			
	8:30 AM	LES MILLS BODYATTACK Nicole	LES MILLS BODYCOMBAT Mike	ZUMBA Charlene	LES MILLS BODYPUMP Courtney	LES MILLS BODYFLOW Courtney	8:30 AM	LES MILLS BODYCOMBAT Leonard	
	9:30 AM	LES MILLS BODYPUMP Kelly	ZUMBA Charlene	LES MILLS BODYPUMP Charlene	LES MILLS BODYFLOW Courtney	LES MILLS BODYPUMP Charlene	9:30 AM	LES MILLS BODYPUMP Leonard	
	4:30 PM	LES MILLS BODYPUMP Cecilia	LES MILLS BODYATTACK Stacey	LES MILLS BODYPUMP Leonard	LES MILLS BODYCOMBAT Kelly	LES MILLS BODYPUMP Leah	10:40 AM	LES MILLS BODYFLOW Kell	
	5:30 PM	LES MILLS BODYCOMBAT Leonard	LES MILLS BODYPUMP Elaine	LES MILLS BODYSTEP Shannon/Stacey	LES MILLS BODYPUMP Cecilia	DANCE FITNESS Brittany	2:00 PM		LES MILLS BODYPUMP Nicole/Jennifer G
	6:30 PM	LES MILLS BODYPUMP Rebekah	LES MILLS BODYFLOW Elaine	LES MILLS BODYPUMP Patty	DANCE FITNESS Zonie		3:00 PM		STRONG NATION Sandra

CYCLE STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	FREESTYLE RIDE COACH BY COLORS Tracy	LES MILLS RPM Jen	sprint Jen	FREESTYLE RIDE COACH BY COLORS Adrian	LES MILLS RPM Jen			
	8:15 AM		sprint Nikole	LES MILLS RPM Nikole					
	9:15 AM	FREESTYLE RIDE COACH BY COLORS Adrian			LES MILLS RPM Nikole	sprint Courtney	9:15 AM	FREESTYLE RIDE COACH BY COLORS Adrian	
	4:15 PM	LES MILLS RPM Debbie S		sprint Courtney		FREESTYLE RIDE COACH BY COLORS Adrian	1:00 PM		sprint Jen
	5:15 PM	FREESTYLE RIDE COACH BY COLORS Abria	sprint Erin	LES MILLS RPM Debbie S					
	6:15 PM		FREESTYLE RIDE COACH BY COLORS Abria		FREESTYLE RIDE COACH BY COLORS Adrian		3:00 PM		FREESTYLE RIDE COACH BY COLORS Abria

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	HOT YOGA FLOW Jane		HOT YOGA FLOW Jane		HOT POWER YOGA Jane			
	8:30 AM	HOT YOGA TONE Amy		HOT YOGA FLOW Connor	HOT YOGA FLOW Laurie		8:15 AM	HOT YOGA FLOW	
	9:40 AM		HOT YOGA FLOW Alicia			HOT YOGA FLOW Jane	9:30 AM	HOT YOGA FLOW Laurie (75 minutes)	
	4:15 PM			HOT YOGA FLOW Sherry					
	5:30 PM	HOT POWER YOGA Kira		HOT YOGA FLOW Alicia	HOT YOGA FLOW Kira		1:30 PM		HOT YOGA FLOW Bobbie (75 minutes)
	6:45 PM	HOT YOGA FLOW Connor	HOT YOGA FLOW Connor		HOT YOGA FLOW Connor				

POOL	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	9:30 AM	H2OFitness Cathy		H2OFitness Robyn		H2OFitness Cathy			
	6:00 PM								

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



Welcome to Phaze 3 Fitness! If you have any questions, let us know and we will make adjustments based on member comments and class participation. We look forward to seeing you in the next class!

Schedule is also available on our website www.phaze3fitness.com!

Questions or Comments? Email: Courtney@phaze3fitness.com Phone: 256-325-1141