

NOVEMBER 2020

# PHAZE 3 FITNESS

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GROUP FITNESS STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>LES MILLS BODYPUMP</b> Jen	<b>LES MILLS BODYCOMBAT</b> Keil	<b>LES MILLS BODYPUMP</b> Debbie C	<b>LES MILLS BODYCOMBAT</b> Keil	<b>LES MILLS BODYPUMP</b> Debbie C			
	8:30 AM	<b>LES MILLS BODYATTACK</b> Nicole	<b>LES MILLS BODYCOMBAT</b> Mike	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Courtney	<b>LES MILLS BODYFLOW</b> Courtney	8:15 AM	<b>LES MILLS BODYCOMBAT</b> Leonard	
	9:30 AM	<b>LES MILLS BODYPUMP</b> Kelly	<b>ZUMBA</b> Charlene	<b>LES MILLS BODYPUMP</b> Charlene	<b>LES MILLS BODYFLOW</b> Courtney	<b>LES MILLS BODYPUMP</b> Charlene	9:30 AM	<b>LES MILLS BODYPUMP</b> Leonard	
	4:30 PM	<b>LES MILLS BODYPUMP</b> Cecilia	<b>LES MILLS BODYATTACK</b> Stacey	<b>LES MILLS BODYPUMP</b> Leonard	<b>LES MILLS BODYCOMBAT</b> Kelly	<b>LES MILLS BODYPUMP</b> Leah	10:40 AM	<b>LES MILLS BODYFLOW</b> Keil	
	5:30 PM	<b>LES MILLS BODYCOMBAT</b> Leonard	<b>LES MILLS BODYPUMP</b> Elaine	<b>LES MILLS BODYSTEP</b> Shannon/Stacey	<b>LES MILLS BODYPUMP</b> Cecilia	<b>DANCE FITNESS</b> Brittany	2:00 PM		<b>LES MILLS BODYPUMP</b> Nicole/Jennifer G
	6:30 PM	<b>LES MILLS BODYPUMP</b> Rebekah	<b>LES MILLS BODYFLOW</b> Elaine	<b>LES MILLS BODYPUMP</b> Jennifer	<b>DANCE FITNESS</b> Zonie		3:00 PM		<b>STRONG NATION</b> Sandra

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

HOT YOGA STUDIO	TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
	5:30 AM	<b>HOT YOGA FLOW</b> Jane		<b>HOT YOGA FLOW</b> Jane		<b>HOT POWER YOGA</b> Jane			
	8:30 AM	<b>HOT YOGA FLOW</b> Alicia		<b>HOT YOGA FLOW</b> Connor	<b>HOT YOGA FLOW</b> Connor		8:15 AM	<b>HOT YOGA FLOW</b>	
	9:40 AM		<b>HOT YOGA FLOW</b> Alicia			<b>HOT YOGA FLOW</b> Jane	9:30 AM	<b>HOT YOGA FLOW</b> (75 minutes)	
	4:15 PM			<b>HOT YOGA FLOW</b> Sherry					
	5:30 PM	<b>HOT POWER YOGA</b> Kira		<b>HOT YOGA FLOW</b> Alicia	<b>HOT YOGA FLOW</b> Kira		1:30 PM		<b>HOT YOGA FLOW</b> Bobbie (75 minutes)
6:45 PM	<b>SLOW &amp; STRETCH FLOW</b> Connor	<b>HOT YOGA FLOW</b> Connor			<b>HOT YOGA FLOW</b> Connor				

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

OPERATION HOURS

GYM	KIDS CLUB
<b>MON - THURS:</b> 5am to 10pm <b>FRIDAY :</b> 5am to 9pm <b>SATURDAY:</b> 8am to 6pm <b>SUNDAY:</b> 10am to 6pm	<b>MON - FRI:</b> 8am to 1pm - 4pm to 8pm <b>SATURDAY:</b> 8am to 1pm <b>SUNDAY:</b> 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](http://www.phaze3fitness.com)!

Questions or Comments? Email: [Courtney@phaze3fitness.com](mailto:Courtney@phaze3fitness.com) Phone: 256-325-1141