



ORLANDO MARCH 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	9:00 AM		<small>LES MILLS</small> CORE Karen		<small>LES MILLS</small> CORE Carmen		<small>LES MILLS</small> BODYCOMBAT Carmen	<small>LES MILLS</small> BODYATTACK Larissa (30 min.)
	9:30 AM	<small>LES MILLS</small> BODYCOMBAT Nelson	<small>LES MILLS</small> BODYATTACK Anna Maria	<small>LES MILLS</small> BODYPUMP Anna Maria	<small>LES MILLS</small> BODYCOMBAT Carmen	<small>LES MILLS</small> BODYPUMP Shirley		<small>LES MILLS</small> BODYBALANCE Carmen
	10:00 AM						<small>LES MILLS</small> BODYPUMP Carmen	
	10:30 AM	<small>LES MILLS</small> BODYPUMP Jeff		<small>LES MILLS</small> BODYBALANCE Anna Maria		<small>LES MILLS</small> CORE Shirley		<small>LES MILLS</small> BODYPUMP Justin
	11:30 AM		<small>Yoga</small> <small>Silver Sneakers</small> FITNESS Karen	<small>HEALTHWAYS</small> <small>Silver Sneakers</small> FITNESS Classic Karen	<small>Circuit</small> <small>Silver Sneakers</small> FITNESS Karen	<small>LES MILLS</small> BODYCOMBAT Shirley (11:00))		
	5:30 PM	<small>LES MILLS</small> BODYPUMP Anna Maria	<small>LES MILLS</small> BODYSTEP Sthephan(5:45)	20/20/20 Sergio	<small>LES MILLS</small> BODYCOMBAT Justin			
	6:30 PM	<small>LES MILLS</small> BODYCOMBAT Anna Maria	<small>LES MILLS</small> BODYPUMP Sthephan	<small>LES MILLS</small> BODYATTACK Anna Maria	<small>LES MILLS</small> BODYPUMP Justin			
	7:30 PM							
STUDIO 2	8:30 AM							
	9:30 AM	ZUMBA Evelyn	ZUMBA Albert	ZUMBA Alex	TURN UP Angela	ZUMBA Alex		
	10:30 AM	Boja Trisha	Pilates Karen	Boja Shirley	Pilates Karen	Boja Trisha	Boja Katie	
	5:30 PM	Boja Katie		Boja Katie	Boja Krista			
	6:30 PM	ZUMBA Alejandro		ZUMBA Brittany	TURN UP Kim			
CYCLE	6:00 AM	<small>LES MILLS</small> sprint Alison		<small>LES MILLS</small> sprint Alison				
	9:00 AM			Cycle Shirley			Cycle Katie	
	5:30 PM		<small>LES MILLS</small> RPM Alison					
	6:30 PM	Cycle Katie		Cycle Katie				
Fitness CF Orlando					Schedule Effective: March 2024			



ORLANDO

CLUB HOURS

Monday 4:30 am -Midnight Friday
Saturday 5:00a-9:00p
Sunday 5:00a-9:00p

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.com

7733 Turkey Lake Road
Orlando, FL

(407) 226-9996
www.fitnesscfgyms.com

KIDDIE GYM HOURS

Monday - Friday AM 8:00a - 12:00p

Monday - Friday PM 4:00p - 8:00p

Saturday 8:00a - 12:00p

Sunday CLOSED

CLASS DESCRIPTIONS

LES MILLS BODYATTACK

BODYATTACK is a fully optioned, high-intensity class with sports training move-to-music for cardiovascular fitness and stamina, along with upper and lower body conditioning exercises for building strength.

LES MILLS BODYCOMBAT

BODYCOMBAT is a high-energy cardio class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music will increase your fat burning, strength and agility.

LES MILLS BODYBALANCE

BODYBALANCE is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong, centered and calm. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.

LES MILLS BODYPUMP

BODYPUMP is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. **BODYPUMP** will change the shape of your body.

LES MILLS BODYSTEP

BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning systems into high gear. These blocks are followed by muscle conditioning tracks that shape and tone your body.

LES MILLS CORE

CORE is a revolutionary 30-minute Les Mills core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. **CORE** tones core muscles and may help prevent injury.

LES MILLS sprint

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

LES MILLS RPM

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.

Strength Development

LES MILLS Strength Development will build muscle and improve technique. Aimed at those wanting to get stronger, **LES MILLS Strength Development** is a sequence of 12 x 45-minute progressive workouts.

TURN UP

Turn Up workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance! You will be challenged, but you will embrace it as you step outside your comfort zone with the turn up squad... you will step into your girl power like never before!!



Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.

20/20/20

20/20/20 is a full body targeted class that improves (strength, speed, coordination, resistance and flexibility) towards 3 different 20min activity per class.



Increase strength, range of motion, and activity of daily living skills. Hand weights, tubes, and a ball are used for resistance and a chair for support.



Yoga unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.

Pilates

Lengthen, strengthen and tone your body. This class introduces the principles of concentration, breathing, alignment coordination, centering, and balance.



A fitness dance class using Latin, International, and contemporary music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms.