

ORLANDO NOVEMBER 2025

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	5:00 AM							
	9:00 AM		LES MILLS CORE Karen		LES MILLS CORE Carmen (8:30)	LES MILLS BODYPUMP Shirley (8:30)	LES MILLS BODYCOMBAT Carmen	LES MILLS BODYATTACK Larissa (8:45)
	9:30 AM	LES MILLS BODYCOMBAT Nelson	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYCOMBAT Carmen (9:00)	LES MILLS Shapes Becky		LES MILLS BODYBALANCE Carmen
	10:00 AM				LES MILLS CEREMONY Camen		LES MILLS BODYPUMP Carmen	
	10:30 AM	LES MILLS CEREMONY Nelson/Anna	LES MILLS CEREMONY Jeff	LES MILLS GRIT Anna Maria				LES MILLS BODYPUMP Justin
	11:30 AM		 Yoga Silver Sneakers Karen	 HEALTHWAYS Silver Sneakers Classic Karen	 Circuit Silver Sneakers Karen			
	5:30 PM	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYSTEP Sthephan(5:45)	LES MILLS CORE Sergio (6:00)	LES MILLS BODYCOMBAT Justin			
	6:30 PM	LES MILLS BODYCOMBAT Anna Maria	LES MILLS BODYPUMP Sthephan	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Justin			
	7:30 PM							
STUDIO 2	9:30 AM	 ZUMBA Ana		 ZUMBA Alex		 ZUMBA Alex		
	10:30 AM	 Booga Trisha	Pilates Karen	 Booga Elizabeth	Pilates Karen	 Booga Shirley	 Booga Katie	
	5:30 PM	 Booga Katie		 Booga Katie				
	6:30 PM	 ZUMBA Albert			TURN UP Kim			
CYCLE	6:00 AM	LES MILLS sprint Alison		LES MILLS sprint Alison				
	8:00 AM		 Sole Chrissy		 Sole Chrissy		 Sole Katie (9:00)	
	5:30 PM		LES MILLS RPM Alison					
	6:30 PM	 Sole Katie		 Sole Katie				



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.

LES MILLS Shapes

Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.

LES MILLS CEREMONY

Les Mills **CEREMONY** is a 45 minute functional training class that combines cardio and strength for a complete full body workout.

LES MILLS GRIT

LES MILLS GRIT™ is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle.

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!!

Spole

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.

HEALTHWAYS SilverSneakers FITNESS

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.

30ga

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.

ZUMBA®

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.