

ORLANDO JANUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
9:00 AM		LesMills CORE Karen		LesMills CORE Carmen (8:30)	LesMills BODYPUMP Shirley (8:30)	LesMills BODYCOMBAT Carmen	LesMills BODYATTACK Larissa (8:45)
9:30 AM	LesMills BODYCOMBAT Nelson	LesMills BODYATTACK Anna Maria	LesMills BODYPUMP Anna Maria	LesMills BODYCOMBAT Carmen (9:00)	LesMills Shapes Becky		LesMills BODYBALANCE Carmen
10:00 AM				LesMills CEREMONY Carmen		LesMills BODYPUMP Carmen	
10:30 AM	LesMills CEREMONY Nelson/Anna	LesMills CEREMONY Jeff	LesMills GRIT Anna Maria				LesMills BODYPUMP Justin
11:30 AM		Yoga SilverSneakers Karen	Healthways SilverSneakers FITNESS Classic	Circuit SilverSneakers Karen			
5:30 PM	LesMills BODYPUMP Anna Maria	LesMills CEREMONY Bonnie/Shari	LesMills CORE Sergio (6:00)	LesMills BODYCOMBAT Justin			
6:30 PM	LesMills BODYCOMBAT Anna Maria	LesMills BODYPUMP Bonnie	LesMills BODYATTACK Anna Maria	LesMills BODYPUMP Justin			
7:30 PM							
STUDIO 2	9:30 AM	ZUMBA Ana		ZUMBA Alex		ZUMBA Alex	
	10:30 AM	Boga Trisha	Pilates Karen	Boga Elizabeth	Pilates Karen	Boga Shirley	Boga Katie
	5:30 PM	Boga Katie		Boga Katie			
	6:30 PM	ZUMBA Albert			TURN UP Kim		
CYCLE	6:00 AM	LesMills Sprint Alison		LesMills Sprint Alison			
	7:30 AM		Oyole Chrissy		Oyole Chrissy		Oyole Katie (9:00)
	5:30 PM		LesMills RPM Alison				
	6:30 PM	Oyole Katie		Oyole Katie			

ORLANDO

CLUB HOURS

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

**7733 Turkey Lake Road
 Orlando, FL**

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

LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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.

LesMills BODYSTEP

BODYSUPER 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.

LesMills 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.

LesMills Sprint

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

LesMills 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.

LesMills Shapes

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

LesMills CEREMONY

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

LesMills 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!!

SiOle

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.

Boga

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.