

# ORLANDO JULY 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	5:00 AM							
	9:00 AM	<b>LES MILLS BODYPUMP</b> Kirsten (8:30)	<b>LES MILLS CORE</b> Karen		<b>LES MILLS CORE</b> Carmen (8:30)	<b>LES MILLS BODYPUMP HEAVY</b> Shirley (8:30)	<b>LES MILLS BODYCOMBAT</b> Carmen	<b>LES MILLS BODYATTACK</b> Larissa (8:45)
	9:30 AM	<b>LES MILLS BODYCOMBAT</b> Nelson	<b>LES MILLS BODYATTACK</b> Anna Maria	<b>LES MILLS BODYPUMP</b> Anna Maria	<b>LES MILLS BODYCOMBAT</b> Carmen (9:00)			<b>LES MILLS BODYBALANCE</b> Carmen
	10:00 AM				<b>LES MILLS CEREMONY</b> Camen		<b>LES MILLS BODYPUMP</b> Carmen	
	10:30 AM	<b>LES MILLS CEREMONY</b> Kirsten	<b>LES MILLS CEREMONY</b> Jeff	<b>LES MILLS GRIT</b> Anna Maria				<b>LES MILLS BODYPUMP</b> Justin
	11:30 AM		Yoga <b>Silver Sneakers</b> FITNESS Karen	REAL FLOWERS <b>Silver Sneakers</b> FITNESS Classic Karen	Circuit <b>Silver Sneakers</b> FITNESS Karen		<b>LES MILLS CORE</b> Carmen (11:00)	
	5:30 PM	<b>LES MILLS BODYPUMP</b> Anna Maria	<b>LES MILLS CEREMONY</b> Bonnie	<b>LES MILLS CORE</b> Sergio (6:00)	<b>LES MILLS BODYCOMBAT</b> Justin			
	6:30 PM	<b>LES MILLS BODYCOMBAT</b> Anna Maria	<b>LES MILLS BODYPUMP</b> Bonnie	<b>LES MILLS BODYATTACK</b> Anna Maria	<b>LES MILLS BODYPUMP</b> Justin			
	7:30 PM			TURN UP & Tone Kim				
STUDIO 2	9:30 AM		<b>MIXXEDFIT</b> Shirley	<b>ZUMBA</b> Alex		<b>ZUMBA</b> Alex		
	10:30 AM	<b>Bōga</b> Trisha	Pilates Karen	<b>Bōga</b> Elizabeth	Pilates Karen	<b>Bōga</b> Shirley	<b>Bōga</b> Katie	
	5:30 PM	<b>Bōga</b> Katie		<b>Bōga</b> Katie				
	6:30 PM	<b>ZUMBA</b> Albert			TURN UP Kim			
CYCLE	6:00 AM	<b>LES MILLS sprint</b> Alison	<b>EYELING</b> Chrissy (6:30)	<b>LES MILLS sprint</b> Alison	<b>EYELING</b> Chrissy (6:30)			
	9:00 AM					<b>EYELING</b> Katie		
	5:30 PM		<b>LES MILLS RPM</b> Alison					
	6:30 PM	<b>EYELING</b> Katie		<b>EYELING</b> 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

	<b>BODYATTACK</b> 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.
	<b>BODYCOMBAT</b> 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.
	<b>BODYBALANCE</b> 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.
	<b>BODYPUMP</b> is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. <b>BODYPUMP</b> will change the shape of your body.
	<b>BODYPUMP HEAVY</b> is the weightlifting workout to develop your muscular endurance, performance and movement. With speed turned down and music turned up, every session focuses on progressive strength, pro-level technique and perfecting form, so you have the confidence to go after those gains
	<b>BODYSTEP</b> 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.
	<b>CORE</b> 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. <b>CORE</b> tones core muscles and may help prevent injury.
	<b>LES MILLS SPRINT</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
	<b>RPM</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.
	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 <b>CEREMONY</b> is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
	<b>LES MILLS GRIT™</b> is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle.
<b>TURN UP</b>	<b>Turn Up</b> 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!!
<b>TURN UP &amp; Tone</b>	<b>Turn Up &amp; Tone</b> workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance!
	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.
	<b>MixedFit</b> is a high-energy, "people-inspired" dance fitness program that blends explosive dance movements with bodyweight toning.
	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.
<b>Pilates</b>	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.