

ORLANDO JULY 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	5:00 AM							
	9:00 AM	LES MILLS BODYPUMP Kirsten (8:30)	PILATES Anna Maria		LES MILLS CORE Carmen (8:30)	LES MILLS BODYPUMP HEAVY 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 BODYBALANCE Carmen
	10:00 AM				LES MILLS CEREMONY Camen		LES MILLS BODYPUMP Carmen	
	10:30 AM	LES MILLS CEREMONY Kirsten	LES MILLS CEREMONY Jeff	LES MILLS GRIT Anna Maria				LES MILLS BODYPUMP Justin
	12:00 PM		Yoga Silver Sneakers Karen	Silver Sneakers Classic Karen	Circuit Silver Sneakers Karen		LES MILLS CORE Carmen (11:00)	
	5:30 PM	LES MILLS BODYPUMP Anna Maria	LES MILLS CEREMONY Bonnie	LES MILLS CORE Sergio (6:00)	LES MILLS BODYCOMBAT Justin			
	6:30 PM	LES MILLS BODYCOMBAT Anna Maria	LES MILLS BODYPUMP Bonnie	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Justin			
	7:30 PM			TURN UP & Tone Kim				
STUDIO 2	9:30 AM		MIXXEDFIT Shirley	ZUMBA Alex		ZUMBA Alex		
	10:30 AM	YOGA Trisha	PILATES Shirley	YOGA Elizabeth		YOGA Shirley	YOGA Katie	
	5:30 PM	YOGA Katie		YOGA Katie	PILATES Karen			
	6:30 PM	ZUMBA Albert			TURN UP Kim			
CYCLE	6:00 AM	LES MILLS sprint Alison		LES MILLS sprint Alison				
	9:00 AM						CYCLING Katie	
	5:30 PM		LES MILLS RPM Alison					
	6:30 PM	CYCLING Katie		CYCLING Katie				
Fitness CF Orlando					Schedule Effective: July 2026 (Updated 7/9)			



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 BODYPUMP HEAVY

BODYPUMP HEAVY 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

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!!

TURN UP & Tone

Turn Up & Tone workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance!

SOLE

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.

MIXXEDFIT

MixedFit is a high-energy, "people-inspired" dance fitness program that blends explosive dance movements with bodyweight toning.

SILVER SNEAKERS 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.

YOGA

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.