Fitness CF

ORLANDO NOVEMBER 2026

STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	LesMills BODYPUMP Kirsten (8:30)	LesMills PILATES Anna Maria		LesMills CORE Carmen (8:30)	LesMills BODYPUMP HEAVY Shirley (8:30)	LesMills BODYCOMBAT Carmen	LesMills BODYATTACK Larissa (8:45)
9:30 AM	LesMills BODYCOMBAT Anna Maria	LesMills BODYATTACK Anna Maria	LesMills BODYPUMP Anna Maria	LesMills BODYCOMBAT Carmen (9:00)			LesMills BODYBALANCE Carmen
10:00 AM				LesMills CEREMONY Carmen		LesMills BODYPUMP Carmen	
10:30 AM	LesMills CEREMONY Kirsten	LesMills CEREMONY Jeff	LesMills GRIT Anna Maria				LesMills BODYPUMP Justin
12:00		Yoga SilverSneakers FITNESS Karen	Classic SilverSneakers FITNESS Karen	Circuit SilverSneakers FITNESS Karen		LesMills CORE Carmen (11:00)	
5:30 PM	LesMills BODYPUMP Anna Maria	LesMills BODYCOMBAT Clay	LesMills CORE Sergio(6:00)	LesMills BODYCOMBAT Justin			
6:30 PM	LesMills BODYCOMBAT Annna Maria	LesMills BODYPUMP HEAVY Clay	LesMills BODYATTACK Anna Maria	LesMills BODYPUMP Justin			
7:30 PM							

STUDIO 2

9:30 AM		MIXXEDFIT Shirley	ZUMBA Alex		ZUMBA Alex		
10:30 AM	Boga Trisha	LesMills PILATES Shirley	Boga Elizabeth		Boga Shirley	Boga Katie	
5:30 PM	Boga Katie			PILATES Karen			
6:30 PM	ZUMBA Fernando		TURN UP Kim				
6:00 AM	LesMills sprint Alison	CYCLING Chrissy (6:00)	LesMills sprint Alison				

CYCLE

9:00 AM						CYCLING Katie	
5:30 PM		LesMills RPM Alison					
6:30 PM	CYCLING Katie						

FITNESS CF ORLANDO

Schedule Effective: November 2026

ORLANDO

CLUB HOURS	
Monday - Friday (24 HRS)	4:30a-11:00p
Saturday	5:00a- 9:00p
Sunday	5:00a- 9:00p

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.com

7733 Turkey Lake Rd
Orlando, FL

(407) 226 - 9996
www.fitnesscfgyms.com

KIDDIE GYM HOURS	
Monday - Friday AM	8:00 -12:30
Monday - Friday PM	4:00-8:00
Saturday	8:00- 12:00
Sunday	CLOSED

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 CEREMONY	**Les Mills CEREMONY** is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
LesMills CORE	**CORE** is a scientific 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.
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 GRIT	**Les Mills GRIT** is 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and cardio fitness for a complete full body workout.
LesMills BODYPUMP HEAVY	**BODY PUMP HEAVY** weightlifting workout to develop your musesscular endurance, performance, and movement. With speed turned down and music turned up, every session focuses on progressive strength, pro-level technique and perfecting form.
PILATES	Pilates is a form of exercise that focuses on strengthening and improving the body's core muscles, flexibility, and posture
SilverSneakers	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.
CYCLING	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.
Yoga	**Yoga** unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.
MIXXEDFIT	**MIXXEDFit** is a high-energy, "people-inspired" dance fitness program that blends explosive dance movements with bodyweight toning.
TURN UP	***Turn Up*** workouts are intense, fun, and life-changing. They incorporate HIIT training with strength training and dance!
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.
Turn Up & Tone	Turn Up & Tone workouts are intense, fun, and life-changing. They incorporate HIIT training with strength training and dance! Dance and use weights train your body while having the time of your life.