

**LAKE NONA
PERFORMANCE
CLUB** 

Studio 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30- 6:30 Body Pump Mike		5:30-6:30 Body Pump Mike		5:45-6:45 Body Pump Millie		
	8:45-9:45 Body Pump Carmen	8:30-9:15 HIIT Bridget	8:45-9:45 Body Pump Sandra	8:30-9:15 Circuit Bridget	8:30-9:30 Body Pump Carmen	8:30-9:30 Body Pump Yvonne	9:00-10:00 Bootcamp Paula
	10:00-11:00 Zumba Vanessa	10:00-11:00 Body Pump Sandra	10:00-11:00 Zumba Meliza	9:30-10:30 Barre Bridget	9:45-10:45 Body Combat Carmen	9:45-10:45 Zumba Alexaida	10:15-11:00 Belly & Bum June
	11:15-12:15 Bootcamp Sandra	11:15-12:15 Step Fit Gio	11:30-12:15 Qi Gong Caitlyn	11:00-12:00 Belly & Bum Sandra	11:30-12:15 Qi Gong Caitlyn	11:00 – 12:00 Capoeira (Private Class)	
		12:30-1:30 Body Pump Sabrina L.		12:30-1:30 Body Pump Jayke			
PM		5:00-6:00 Body Pump Justin	4:30-5:30 Capoeira (Private Class)			Cardio Core 12:15-1:00 Taylor	
	5:45-6:45 Body Pump Sabrina	6:15 – 6:45 Core Justin	5:45-6:45 Body Pump Bonnie	6:00-6:45 Boot Camp June	5:45-6:45 Step Fit Gio		
	7:00-8:00 Zumba Suyin	7:00-8:00 Zumba Sabrina J.	7:00-7:45 Cardio Core Taylor	7:00-8:00 Body Pump Bonnie			

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Studio 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30-6:30 Barre Lora	6:00-7:00 Perform Balance Sabrina L.	5:30-6:30 Cardio Core Lora	7:00-8:00 Tai Chi Jacob			
	8:45-9:30 Cardio Core Sabrina	8:30-9:15 Body Combat Sandra	9:00-9:45 Lengthen & Strengthen Ana	8:30-9:30 Surge Skylar	8:45-9:30 Core Sabrina	8:30-9:30 Tai Chi Jacob	9:00-9:45 Intro to Chopra Meditation Maria
	10:15- 11:15 Zumba Gold Carmen	9:30- 10:15 Belly & Bum Bridget	10:00-10:30 Les Mills Core Sabrina	9:45-10:45 Body Combat Sandra	9:45-10:45 Intro to Pilates Mat Deanna	9:45-10:45 High Fitness Cassity	10:00-11:00 Body Combat Gerardo
	11:30-12:30 Intro to Stretch & Soothe Yoga Cait	10:30-11:30 High Fitness Skylar	10:45-11:45 Zumba Gold Millie	11:00-12:00 Intro to Chopra Vinyasa Julie	11:00-12:00 Body Thrive Deanna	11:00-11:45 Sculpt & Tone Alexaida	
PM		1:00-2:15 Rock Steady Boxing (Private Class)		1:00-2:15 Rock Steady Boxing (Private Class)			
	4:30-5:30 Capoeira (Private Class)			4:30-5:30 KIDS IN MOTION (Private Class)			
	5:45-6:45 Cardio Core June	5:15 - 6:00 High Fitness Cassity	5:30-6:30 Barre Fitness Deanna	5:45-6:15 Body Combat Sue Ann	5:00-5:45 Myofascial Release Deanna		
		6:15 – 6:45 Core Justin	6:45-7:45 Capoeira (Private Class)	6:20-6:50 Core Sue Ann	6:00-7:00 Intro to Chopra Yoga Marlene		
	7:00-8:00 Lengthen & Strengthen Felicia	7:00-8:00 Zumba Sabrina J.		7:00-8:00 Dance Fitness Nino			