

FITNESS 2023 SCHEDULE



MONDAY

5:15-6PM K-FIT STRENGTH
7-8PM ZUMBA

TUESDAY

9:30-10:15AM STRENGTH & TONE
5:15-6PM K-FIT CIRCUIT
6-6:45PM STRENGTH TRAINING



WEDNESDAY

9:30-10:15AM CARDIO KICK-BOXING
10:30-11AM BARRE EXPRESS

THURSDAY

9:30-10:15AM STRENGTH & TONE
5:15-6PM K-FIT CIRCUIT
6-6:45PM STRENGTH TRAINING



FRIDAY

6-7AM YOGA

SATURDAY

8:30-9:30AM STEP
9:30-10:30AM K-FIT BOOTCAMP

SUNDAY

10:00-11:00AM YOGA



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