



JANUARY 2024 INDOOR

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245
RESEVATIONS- IDAVIS@CLUBLINK.CA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>HAPPY New Year</p>	<p>2</p> <p>Spinning-8:00 am-LM Pilates- 9:00am-RF Cardio Kick-10:00am KB Chair Yoga-330pm-RF</p>	<p>3</p> <p>Body Burn- 8:30am-Y Yoga Flow-9:30am-RF Aging fit-3:30pm-KB</p>	<p>4</p> <p>Spinning-8:00am-KB Stand/stretch/Balance-9:00am-AM Cardio Kick-10:00am KB</p>	<p>5</p> <p>Circuit Station 8:30am- Just Stretch- 9:30am-AM</p>	<p>6</p> <p>Spinning-8:30am-KB Cardio Kick-9:30am KB</p>
<p>8</p> <p>Body Burn- 8:30am-Y Roll&Stretch-9:30am RF Balance & Beyond - 3:30pm-KB</p>	<p>9</p> <p>Spinning-8:00 am-KB Pilates - 9:00am-RF Cardio Kick-10:00am KB Chair Yoga-330pm-RF</p>	<p>10</p> <p>Body Burn- 8:30am-Y Yoga Flow-9:30am-RF Zumba soca-10:20am-I Aging fit-3:30pm-KB</p>	<p>11</p> <p>Spinning-8:00am-LM Stand/stretch/Balance-9:00am-AM Tone Up-10:00 am-I</p>	<p>12</p> <p>Circuit Station 8:30am- Just Stretch- 9:30am-AM</p>	<p>13</p> <p>Spinning-8:30am-LM Cardio Kick-9:30am LM</p>
<p>15</p> <p>Body Burn- 8:30am-Y Barre&Stretch-9:30am-I Zumba Latin-10:20am-I Balance & Beyond - 3:30pm-RF</p>	<p>16</p> <p>Spinning-8:00 am-KB Pilates - 9:00am-RF Tone Up-10:00 am-I Chair Yoga-330pm-RF</p>	<p>17</p> <p>Body Burn- 8:30am-Y Yoga Flow-9:30am-RF Zumba soca-10:20am-I Aging fit-3:30pm-KB</p>	<p>18</p> <p>Spinning-8:00am-LM Stand/stretch/Balance-9:00am-AM Tone Up-10:00 am-I</p>	<p>19</p> <p>Circuit Stations 8:30am- Just Stretch- 9:30am-AM</p>	<p>20</p> <p>Spinning-8:30am-KB Cardio Kick-9:30am KB</p>
<p>22</p> <p>Body Burn- 8:30am-Y Ban & Stretch-9:30am-I Zumba Latin-10:20am- Balance & Beyond - 3:30pm-KB</p>	<p>23</p> <p>Spinning-8:00 am-KB pilates - 9:00am-RF Tone Up-10:00 am-I Chair Yoga-330pm-RF</p>	<p>24</p> <p>Body Burn- 8:30am-Y Yoga Flow-9:30am-RF Zumba soca-10:20am-I Aging fit-3:30pm-KB</p>	<p>25</p> <p>Spinning-8:00am-LM Stand/stretch/Balance-9:00am-AM Tone Up-10:00 am-I</p>	<p>26</p> <p>Circuit Station 8:30am- Just Stretch- 9:30am-AM</p>	<p>27</p> <p>Spinning-8:30am-KB Cardio Kick-9:30am KB</p>
<p>29</p> <p>Body Burn- 8:30am-Y Ban & Stretch-9:30am-I Zumba Latin-10:20am- Balance & Beyond - 3:30pm-KB</p>	<p>30</p> <p>Spinning-8:00 am-KB Pilates - 9:00am-AM Tone Up-10:00 am-I Chair Yoga-330pm-AM</p>	<p>31</p> <p>Body Burn- 8:30am-Y Yoga Flow-9:30am-AM Aging fit-3:30pm-KB</p>	<p>GYM</p>		