



**CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Instructors (ID) Ichell Davis (CD) Chantel Dimuzio (LR) Lauren Reale (SC) Shannon Castellanos (RF) Rachel Flack (JU) Janette Ulics (NF) Nancy Flannery	Notes We will hold our special class, Express Step, on Thursday March 28th at 10:15 am with Chantelle.			1 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	2/3 Saturday Hip-Hop Toning (LR) 9:00
4 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	5 Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:00	6 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Definitions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	7 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	8 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	9/10 Saturday Zumba (LR) 9:00
11 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	12 Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:00	13 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	14 Spinning (CD) 8:30 Pilates (CD) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	15 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	16/17 Saturday Hip-Hop Toning (LR) 9:00
18 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	19 Spinning (ID) 8:30 Barre Above (NF) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:00	20 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	21 Spinning (ID) 8:30 Pilates (NF) 9:20 Hip-Hop Toning (ID) 10:15 Sit and Fit (LR) 3:00	22 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Definitions (SC) 10:05	23/24 Saturday Zumba (LR) 9:00
25 Body Stretch (LR) 8:30 Cardio Dance (ID) 9:00 Glutes & Abs (LR) 9:35 Definitions (RF) 10:05 Yoga (RF) 11:00 11:00 Body Sculpting (RF) 3:45 Yoga Stretch (ID) 4:30	26 Spinning (CD) 8:30 Barre Above (CD) 9:20 Hip-Hop Toning (ID) 10:15 Line Dancing (JU) 11:05 F. A. Sit & Balance (ID) 3:00	27 Barre Stretch (ID) 8:05 Kickboxing (NF) 8:45 Glutes & Abs (ID) 9:35 Defintions (LR) 10:05 Yoga (RF) 11:00 Body Sculpting (RF) 3:45	28 Spinning (CD) 8:30 Pilates (CD) 9:20 Express Step (CD) 10:15 Sit and Fit (LR) 3:00	29 Zumba (LR) 8:15 Yoga Stretch (SC) 9:00 Glutes & Abs (SC) 9:35 Bootcamp (SC) 10:05	30/31 Saturday Hip-Hop Toning (LR) 9:00