



AUGUST INDOOR 2025

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245



Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:00am- <u>AM</u>	2 Spinning-8:30am- <u>CL</u> Cardio Kick-9:30am <u>CL</u>
4 Body Burn- 8:30am- <u>Y</u> Body Strech -930- <u>Y</u> Yoga Flow-10:30am - <u>RF</u> Balance & Beyond -3:30pm- <u>KB</u>	5 Spinning-8:00 am- <u>CL</u> Cardio Tone-9:00am- <u>CL</u> Pilates - 10:00am- <u>RF</u> Healing Flow-11:00am <u>AM</u> Chair Yoga-330pm- <u>RF</u>	6 Body Burn- 8:30am- <u>Y</u> Body Strech-9:30am- <u>Y</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	7 Spinning-8:00 am- <u>MT</u> Tone Up-9:00 am- <u>Y</u> Stand/stretch/Balance -10:00am- <u>Y</u> Sit and Fit 3:30pm <u>MT</u>	8 Body Burn- 8:30am- <u>NF</u> Body Strech 9:30am- <u>Y</u>	9 Spinning-8:30am- <u>NF</u> Cardio Kick-9:30am <u>NF</u>
11 Body Burn- 8:30am- <u>Y</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am - <u>RF</u> Balance & Beyond -3:30pm- <u>KB</u>	12 Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Healing Flow-11:00 am - <u>AM</u> Chair Yoga-330pm- <u>RF</u>	13 Body Burn- 8:30am- <u>Y</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	14 Spinning-8:00am- <u>CL</u> Tone Up-9:00am- <u>ID</u> Stand/stretch/Balance-10:00am- <u>Y</u> Sit and Fit-3:30pm <u>MT</u>	15 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:00am- <u>AM</u>	16 Spinning-8:30am- <u>CL</u> Cardio Kick-9:30am <u>CL</u>
18 Body Burn- 8:30am- <u>Y</u> Cardio Pump -930- <u>ID</u> Body Strech-10:30am- <u>Y</u> Balance & Beyond -3:30pm- <u>KB</u>	19 Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>Y</u> Healing Flow-11:00 am - <u>AM</u> Chair Yoga-330pm- <u>MT</u>	20 Body Burn- 8:30am- <u>Y</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>AM</u> Aging fit-3:30pm- <u>KB</u>	21 Spinning-8:00am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Stand/stretch/Balance-10:00am- <u>AM</u> Sit and Fit 3:30pm <u>MT</u>	22 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:00am- <u>AM</u>	23 Spinning-8:30am- <u>NF</u> Cardio Kick-9:30am <u>NF</u>
25 Body Burn- 8:30am- <u>Y</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am- <u>Y</u> Balance & Beyond -3:30pm- <u>KB</u>	26 Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>Y</u> Healing Flow-11:00 am - <u>AM</u> Chair Yoga-330pm- <u>MT</u>	27 Body Burn- 8:30am- <u>Y</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	28 Spinning-8:00am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Stand/stretch/Balance-10:00am- <u>AM</u> Sit and Fit 3:30pm <u>MT</u>	29 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:00am- <u>AM</u>	30 Spinning-8:30am- <u>CL</u> Cardio Kick-9:30am <u>CL</u>