



AUGUST INDOOR 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GROUP FITNESS CLASSES				¹ Spinning-8:30am- <u>KB</u> Circuit Burn-9:30am <u>KB</u>
³ Body Burn- 8:30am- <u>YS</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am <u>RF</u> Balance & Beyond -3:30pm- <u>KB</u>	⁴ Spinning-8:00 am- <u>CD</u> Tone Up-9:00am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Yin Yoga11:00am <u>RF</u> Chair Yoga-330pm- <u>RF</u>	⁵ Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	⁶ Spinning-8:00am- <u>CD</u> Tone Up-9:00am- <u>ID</u> Restorative Yoga- 10:00am- <u>AM</u>	⁷ Body Burn/Glutes & Abs- 8:30am- <u>AM</u> Cardio Pump -9:30am- <u>AM</u> Sound Healing 11:00 am- <u>AM</u>	⁸ Spinning-8:30am- <u>KB</u> Circuit Burn-9:30am- <u>KB</u>
¹⁰ Body Burn- 8:30am- <u>YS</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Balance & Beyond - 3:30pm- <u>KB</u>	¹¹ Spinning-8:00 am- <u>CD</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Yin Yoga-11:00 am - <u>RF</u> Chair Yoga-330pm- <u>RF</u>	¹² Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	¹³ Spinning-8:00am- <u>CD</u> Tone Up-9:00am- <u>ID</u> Restorative Yoga- 10:00am- <u>AM</u>	¹⁴ Body Burn/Glutes & Abs- 8:30am- <u>AM</u> Cardio Pump -9:30am- <u>AM</u> Sound Healing 11:00	¹⁵ Spinning-8:30am- <u>KB</u> Circuit Burn-9:30am- <u>KB</u>
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²⁴ Body Burn- 8:30am- <u>YS</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am- <u>YS</u> Balance & Beyond - 3:30pm- <u>KB</u>	²⁵ Spinning-8:00 am- <u>CD</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>YS</u> Yin Yoga-11:00 am- <u>YS</u> Chair Yoga- 3:30pm- <u>MT</u>	²⁶ Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>YS</u> Aging fit-3:30pm- <u>KB</u>	²⁷ Spinning-8:00am- <u>CD</u> Tone Up-9:00am- <u>ID</u> Restorative Yoga- 10:00am- <u>AM</u>	²⁸ Body Burn/ Glutes & Abs- 8:30am- <u>AM</u> Cardio Pump -9:30am- <u>AM</u> Sound Healing 11:00 am- <u>AM</u>	²⁹ Spinning-8:30am- <u>KB</u> Circuit Burn-9:30am <u>KB</u>