

FEBRUARY INDOOR 2026

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245

Monday	Tuesday	Wednesday	Thursday	Friday	
² 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>MT</u>	³ Spinning-8:00 am- <u>CL</u> Tone Up-9:00am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Yin Yoga-11:00am <u>RF</u> Chair Yoga-330pm <u>RF</u>	⁴ 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>MT</u>	⁵ Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	⁶ Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	⁷ Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am <u>CL</u>
⁹ 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>MT</u>	¹⁰ Spinning-8:00 am- <u>CL</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-RF</u>	¹¹ 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>MT</u>	¹² Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	¹³ Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	¹⁴ Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am <u>CL</u>
¹⁶ 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>MT</u>	¹⁷ Spinning-8:00 am- <u>CL</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>	¹⁸ Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> <u>Caring for Loved Ones</u> <u>Siminar</u> -2pm Aging fit-3:30pm- <u>MT</u>	¹⁹ Spinning-8:00am- <u>CL</u> Tone Up-9:00am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	²⁰ Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	²¹ Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am- <u>CL</u>
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