

# FEBRUARY INDOOR 2026

CLUB RENAISSANCE  
FITNESS CENTER- (813) 658-1245

Monday	Tuesday	Wednesday	Thursday	Friday	
<sup>2</sup> 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>	<sup>3</sup> 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> -	<sup>4</sup> 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>	<sup>5</sup> Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	<sup>6</sup> Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	<sup>7</sup> Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am <u>CL</u>
<sup>9</sup> 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>	<sup>10</sup> 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</u> - <u>RF</u>	<sup>11</sup> 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>	<sup>12</sup> Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	<sup>13</sup> Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	<sup>14</sup> Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am <u>CL</u>
<sup>16</sup> 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>	<sup>17</sup> 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>	<sup>18</sup> Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Caring for Loved Ones Siminar -2pm Aging fit-3:30pm- <u>MT</u>	<sup>19</sup> Spinning-8:00am- <u>CL</u> Tone Up-9:00am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	<sup>20</sup> Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	<sup>21</sup> Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am- <u>CL</u>
<sup>23</sup> 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>TM</u>	<sup>24</sup> 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>	<sup>25</sup> 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>	<sup>26</sup> Spinning-8:00am- <u>CL</u> Tone Up-9:00am- <u>ID</u> Deep Stretch- 10:00am- <u>YS</u>	<sup>27</sup> Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u>	<sup>28</sup> Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am- <u>CL</u>
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