

JANUARY 2026 POOL

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245
IDAVIS@CLUBLINK.CA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5 <u>H2O</u> <u>Cardio-Strength</u> 9:30am- <u>CL</u> <u>Aqua Mix express</u> 10:15am- <u>CL</u>	6 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Balance</u> <u>Express</u> -10:15am- <u>NF</u>	7 <u>H2O</u> <u>Mix</u> 9:30am- <u>MT</u> <u>Aqua Zumba Express</u> -10:15am <u>MT-MT</u>	8 <u>Aqua Fiesta</u> - 9:30 am- <u>AM</u> <u>Aqua Pilates</u> <u>Express</u> -10:15am- <u>AM</u>	9 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Yoga</u> 1015 am - <u>AM</u>	
12 <u>H2O</u> <u>Cardio-Strength</u> 9:30am- <u>CL</u> <u>Aqua Mix express</u> 10:15am- <u>CL</u>	13 <u>-Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Balance</u> <u>Express</u> -10:15am- <u>NF</u>	14 <u>H2O</u> <u>Mix</u> 9:30am- <u>MT</u> <u>Aqua Zumba Express</u> - 10:15am- <u>MT</u>	15 <u>Aqua Fiesta</u> - 9:30 am- <u>AM</u> <u>Aqua Pilates Express</u> -10:15am- <u>AM</u>	16 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Yoga</u> 1015 am - <u>AM</u>	
19 <u>H2O</u> <u>Cardio-Strength</u> 9:30am- <u>CL</u> <u>Aqua Mix express</u> 10:15am- <u>CL</u>	20 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Balance</u> <u>Express</u> -10:15am- <u>NF</u>	21 <u>H2O</u> <u>Mix</u> 9:30am- <u>MT</u> <u>Aqua Zumba express</u> - 10:15am- <u>MT</u>	22 <u>Aqua Fiesta</u> - 9:30 am- <u>AM</u> <u>Aqua Pilates</u> <u>Express</u> -10:15am- <u>AM</u>	23 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Yoga</u> 1015 am - <u>AM</u>	
26 <u>H2O</u> <u>Cardio-Strength</u> 9:30am- <u>CL</u> <u>Aqua Mix express</u> 10:15am- <u>CL</u>	27 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Balance</u> <u>Express</u> -10:15am- <u>NF</u>	28 <u>H2O</u> <u>Mix</u> 9:30am- <u>MT</u> <u>Aqua Zumba express</u> - 10:15am- <u>MT</u>	29 <u>Aqua Fiesta</u> - 9:30 am- <u>AM</u> <u>Aqua Pilates Express</u> -10:15am- <u>AM</u>	30 <u>Aqua Tone</u> - 9:30 am- <u>NF</u> <u>Aqua Yoga</u> 1015 am - <u>AM</u>	