



JULY INDOOR 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h2>GROUP FITNESS CLASSES</h2>		¹ 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>	² Spinning-8:00am-<u>KB</u> Tone Up-9:00am-<u>ID</u> Barre & Beyond- 10:00am-<u>AM</u>	³ Burn & Box- 8:30am-<u>AM</u> Balance & Strength - 9:30am-<u>AM</u> Sound healing flow 11:00 am-<u>AM</u>	⁴  HAPPY 4TH OF JULY	
	⁶ 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>	⁷ Spinning-8:00 am-<u>KB</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>	⁸ 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>	⁹ Spinning-8:00am-<u>CD</u> Tone Up-9:00am-<u>ID</u> Barre & Beyond- 10:00am-<u>AM</u>	¹⁰ Burn & Box- 8:30am-<u>AM</u> Balance & Strength - 9:30am-<u>AM</u> Sound healing flow 11:00 am-<u>AM</u>	¹¹ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am <u>KB</u>
	¹³ Body Burn- 8:30am-<u>YS</u> Cardio Pump -930-<u>YS</u> Yoga Flow-10:30am-<u>RF</u> Balance & Beyond - 3:30pm-<u>KB</u>	¹⁴ Spinning-8:00 am- <u>KB</u> Tone Up-9:00 am-<u>YS</u> Pilates - 10:00am-<u>RF</u> Yin Yoga-11:00 am -<u>RF</u> Chair Yoga-330pm-<u>RF</u>	¹⁵ Body Burn- 8:30am-<u>YS</u> Cardio Pump-9:30am-<u>YS</u> Yoga Flow-10:30am-<u>RF</u> Aging fit-3:30pm- <u>KB</u>	¹⁶ Spinning-8:00am-<u>KB</u> Tone Up-9:00am-<u>AM</u> Barre & Beyond- 10:00am-<u>AM</u>	¹⁷ Burn & Box- 8:30am-<u>AM</u> Balance & Strength - 9:30am-<u>AM</u> Sound healing flow 11:00 am-<u>AM</u>	¹⁸ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am- <u>KB</u>
	²⁰ Body Burn- 8:30am-<u>YS</u> Cardio Pump -930-<u>YS</u> Yoga Flow-10:30am-<u>RF</u> Balance & Beyond - 3:30pm-<u>KB</u>	²¹ Spinning-8:00 am-<u>KB</u> Circuit Burn-9:00 am-<u>KB</u> Pilates - 10:00am-<u>RF</u> Yin Yoga-11:00 am-<u>RF</u> Chair Yoga-330pm-<u>RF</u>	²² Body Burn- 8:30am-<u>YS</u> Cardio Pump-9:30am-<u>YS</u> Yoga Flow-10:30am-<u>RF</u> Aging fit-3:30pm-<u>KB</u>	²³ Spinning-8:00am-<u>CD</u> Tone Up-9:00am-<u>AM</u> Barre & Beyond- 10:00am-<u>AM</u>	²⁴ Burn & Box- 8:30am-<u>AM</u> Balance & Strength - 9:30am-<u>AM</u> Sound healing flow 11:00 am-<u>AM</u>	²⁵ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am-<u>KB</u>
	²⁷ Body Burn- 8:30am-<u>RF</u> Cardio Pump -930-<u>CD</u> Yoga Flow-10:30am-<u>RF</u> Balance & Beyond - 3:30pm-<u>CD</u>	²⁸ Spinning-8:00 am-<u>CD</u> Tone Up-9:00 am-<u>CD</u> Pilates - 10:00am-<u>RF</u> Yin Yoga-11:00 am-<u>RF</u> Chair Yoga-330pm-<u>RF</u>	²⁹ Body Burn- 8:30am-<u>YS</u> Cardio Pump-9:30am-<u>YS</u> Yoga Flow-10:30am-<u>RF</u> Aging fit-3:30pm-<u>KB</u>	³⁰ Spinning-8:00am-<u>CD</u> Tone Up-9:00am-<u>AM</u> Barre & Beyond- 10:00am-AM	³ Burn & Box- 8:30am-<u>AM</u> Balance & Strength - 9:30am-<u>AM</u> Sound healing flow 11:00 am-<u>AM</u>	

