



NOVEMBER INDOOR 2025

CLUB RENAISSANCE
FITNESS CENTER- (813) 658-1245



Monday	Tuesday	Wednesday	Thursday	Friday	
					1 Spinning-8:30am- <u>CL</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>CL</u> Tone Up-9:00am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Healing Flow- 11:00am <u>AM</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-8:00 am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>YS</u>	7 Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u> S /H & meditation 11:15am- <u>AM</u>	8 Spinning-8:30am- <u>CL</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>CL</u> Tone Up-9:00 am- <u>ID</u> Pilates - 10:00am- <u>RF</u> Healing Flow-11:00 am - <u>AM</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>LM</u> Tone Up-9:00am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>YS</u>	14 Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u> S /H & meditation 11:15am- <u>AM</u>	15 Spinning-8:30am- <u>CL</u> Circuit Burn-9:30am- <u>KB</u>
17 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>	18 Spinning-8:00 am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> - Pilates - 10:00am- <u>RF</u> Healing Flow-11:00 am - <u>AM</u> Chair Yoga-330pm- <u>RF</u>	19 Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> <u>BONE HEALTH</u> <u>WORKSHOP-2PM</u> Aging fit-3:30pm- <u>KB</u>	20 Spinning-8:00am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>YS</u>	21 Body Burn- 8:00am- <u>NF</u> Kick Boxing -8:45am- <u>NF</u> S /H & meditation 11:15am- <u>AM</u>	22 Spinning-8:30am- <u>LM</u> Circuit Burn-9:30am <u>KB</u>
24 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>	25 Spinning-8:00 am- <u>CL</u> Tone Up-9:00 am- <u>ID</u> - Pilates - 10:00am- <u>RF</u> Healing Flow-11:00 am - <u>AM</u> Chair Yoga-330pm- <u>RF</u>	26 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>	27 	28 	29