



NOVEMBER INDOOR 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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>KB</u>	³ Spinning-8:00 am-<u>CD</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>	⁴ Walk Club-745am 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>	⁵ Spinning-8:00am-<u>CD</u> Tone Up-9:00am-<u>ID</u> Restorative Yoga- 10:00am-<u>AM</u>	⁶ Body Burn/Glutes & Abs- 8:30am-<u>AM</u> Balance &Strength - 9:30am-<u>AM</u> Sound Healing 11:00	⁷ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am <u>KB</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>KB</u>	¹⁰ Spinning-8:00 am-<u>CD</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>	¹¹ Walk club -745am 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>	¹² Spinning-8:00am-<u>CD</u> Tone Up-9:00am-<u>ID</u> Restorative Yoga- 10:00am-<u>AM</u>	¹³ Body Burn/Glutes & Abs- 8:30am-<u>AM</u> Balance&Strength - 9:30am-<u>AM</u> Sound Healing 11:00 am-<u>AM</u>	¹⁴ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am-<u>KB</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>KB</u>	¹⁷ Spinning-8:00 am- <u>KB</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 Turkey Walk-745am Turkey Burn- 8:30am-<u>YS</u> Turkey Pump-9:30am-<u>ID</u>  Turkey fit-3:30pm- <u>KB</u>	¹⁹ Spinning-8:00am-<u>LM</u> Tone Up-9:00am-<u>ID</u> Restorative Yoga- 10:00am-<u>YS</u>	²⁰ Body Burn/Glutes & Abs- 8:30am-<u>AM</u> Balance &Strength- 9:30am-<u>AM</u> Sound Healing 11:00 am-	²¹ Spinning-8:30am-<u>KB</u> Circuit Burn-9:30am-<u>KB</u>
²³ 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>	²⁴ Spinning-8:00 am-<u>KB</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>	²⁵ Walk Club-745am Body Burn- 8:30am-<u>YS</u> Cardio Pump-9:30am-<u>YS</u> Yoga Flow-10:30am-<u>RF</u>	²⁶ 	²⁷ 	
³⁰ 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>		GROUP FITNESS CLASSES			

