



NOVEMBER 2025 POOL

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 H2O Cardio-Strength 9:30am- <u>CL</u> Aqua Mix 10:15am- <u>CL</u>	4 Aqua Tone - 9:30 am- <u>NF</u> Aqua Balance Express -10:15am- <u>NF</u>	5 H2O Mix 9:30am- <u>MT</u> Aqua Zumba - 10:15am- <u>MT</u>	6 Aqua Fiesta - 9:30 am- <u>AM</u> Aqua Pilates Express -10:15am- <u>AM</u>	7 Aqua Tone - 9:30 am- <u>NF</u> Aqua Yoga 1015 am - <u>AM</u>	
10 H2O Cardio-Strength 9:30am- <u>CL</u> Aqua Mix 10:15am- <u>CL</u>	11 - Aqua Tone - 9:30 am- <u>NF</u> Aqua Balance Express -10:15am- <u>NF</u>	12 H2O Mix 9:30am- <u>MT</u> Aqua Zumba - 10:15am- <u>MT</u>	13 Aqua Fiesta - 9:30 am- <u>AM</u> Aqua Pilates Express -10:15am- <u>AM</u>	14 Aqua Tone - 9:30 am- <u>NF</u> Aqua Yoga 1015 am - <u>AM</u>	
17 H2O Cardio-Strength 9:30am- <u>MT</u> Aqua Mix 10:15am- <u>MT</u>	18 Aqua Tone - 9:30 am- <u>NF</u> Aqua Balance Express -10:15am- <u>NF</u>	19 H2O Mix 9:30am- <u>MT</u> Aqua Zumba - 10:15am- <u>MT</u>	20 Aqua Fiesta - 9:30 am- <u>AM</u> Aqua Pilates Express -10:15am- <u>AM</u>	21 Aqua Tone - 9:30 am- <u>NF</u> Aqua Yoga 1015 am - <u>AM</u>	
24 H2O Cardio-Strength 9:30am- <u>CL</u> Aqua Mix 10:15am- <u>CL</u>	25 Aqua Tone - 9:30 am- <u>NF</u> Aqua Balance Express -10:15am- <u>NF</u>	26 H2O Mix 9:30am- <u>CL</u> Aqua Balance express - 10:15am- <u>CL</u>	27 		