NOVEMBER 2026 POOL

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **H2O** **Cardio-Strength** 9:30am-**KB** **Aqua M & Tone/EXP** 10:15am-**KB**	3 -**Aqua Tone up** - 9:30 am-**CD** **Aqua Yoga/EXP** -10:15am-**CD**	4 **Aqua Cardio** 9:30am-**MT** **Aqua Balance /EXP** - 10:15am-**MT**	5 **Aqua Cardio-Strength** - 9:30 am-**CD** **Aloha Flow /EXP** -10:15am-**CD**	6 **Aqua Cardio** - 9:30 am-**MT** **Aqua Flow/EXP** 1015 am **-MT**	
9 **H2O** **Cardio-Strength** 9:30am-**KB** **Aqua M & Tone/EXP** 10:15am-**KB**	10 **Aqua Tone up** - 9:30 am-**AM** **Aqua Yoga/EXP** -10:15am-**AM**	11 **Aqua Cardio** 9:30am-**MT** **Aqua Balance /EXP** - 10:15am-**MT**	12 **Aqua Cardio-Strength** - 9:30 am-**CD** **Aloha Flow /EXP** -10:15am-**CD**	13 **Aqua Cardio** - 9:30 am-**NF** **Aqua Flow /EXP** 1015 am **-NF**	
16 **H2O** **Cardio-Strength** 9:30am-**KB** **Aqua M & Tone/EXP** 10:15am-**KB**	17 -**Aqua Tone up** - 9:30 am-**AM** **Aqua Yoga/EXP** -10:15am-**AM**	18 **Aqua Giving** 9:30am-**MT** **10:30am**	19 **Aqua Cardio-Strength** - 9:30 am-**AM** **Aloha Flow /EXP** -10:15am-**AM**	20 **Aqua Cardio** - 9:30 am-**NF** **Aqua Flow /EXP** 1015 am **-NF** **Work Shop-2pm**	
23 **H2O** **Cardio-Strength** 9:30am-**KB** **Aqua M & Tone/EXP** 10:15am-**KB**	24 **Aqua Tone up** - 9:30 am-**AM** **Aqua Yoga /EXP** -10:15am-**AM**	25 **Aqua Cardio** 9:30am-**ID** **Aqua Balance /EXP** - 10:15am-**ID**	26	27	
30 **H2O** **Cardio-Strength** 9:30am-**KB** **Aqua M & Tone/EXP** 10:15am-**KB**					