



OCTOBER INDOOR 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30a- <u>RF</u> Aging fit-3:30pm- <u>MT</u>	2 Spinning-8:00 am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates &Stretch-10:00am- <u>AM</u>	3 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:15am- <u>AM</u>	4 Spinning-8:30am- <u>NF</u> Cardio Kick-9:30am- <u>NF</u>
	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>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>	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-8:00 am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>YS</u>	10 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:15am- <u>AM</u>
	11 Spinning-8:30am- <u>CL</u> Cardio Kick-9:30am <u>CL</u>				
13 Body Burn- 8:30am- <u>RF</u> Cardio Pump -930- <u>ID</u> Yoga Flow-10:30am - <u>RF</u> Balance & Beyond - 3:30pm- <u>KB</u>	14 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 - AM Chair Yoga-330pm- <u>RF</u>	15 Body Burn- 8:30am- <u>RF</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> Aging fit-3:30pm- <u>KB</u>	16 Spinning-8:00am- <u>LM</u> Tone Up-9:00am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>AM</u>	17 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:15am- <u>AM</u>	18 Spinning-8:30am- <u>NF</u> Cardio Kick-9:30am- <u>NF</u>
20 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>	21 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 - AM Chair Yoga-330pm- <u>RF</u>	22 Body Burn- 8:30am- <u>YS</u> Cardio Pump-9:30am- <u>ID</u> Yoga Flow-10:30am- <u>RF</u> <u>PRE & POST CANCER</u> <u>RECOVERY WORKSHOP-2PM</u> Aging fit-3:30pm- <u>KB</u>	23 Spinning-8:00am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>AM</u>	24 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:15am- <u>AM</u>	25 Spinning-8:30am- <u>CL</u> Cardio Kick-9:30am <u>CL</u>
27 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>	28 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 - AM Chair Yoga-330pm- <u>RF</u>	29 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>	30 Spinning-8:00am- <u>LM</u> Tone Up-9:00 am- <u>ID</u> Standing Pilates & Stretch-10:00am- <u>AM</u>	31 Body Burn- 8:30am- <u>NF</u> Sound Healing & meditation 11:15am- <u>AM</u>	