

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00a PiYo– Marie 5:30p Strength Training – Joey	2 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	3 8:00a Stretch & Balance– Lauren 9:00a Zumba– Wendy	4 9:00a Strength Training – Joey	5 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	6
7	8 9:00a PiYo– Marie 5:30p Strength Training – Joey	9 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	10 8:00a Stretch & Balance– Lauren 9:00a Zumba– Wendy	11 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	12 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	13
14	15 9:00a PiYo– Marie 5:30p Strength Training – Joey	16 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	17 8:00a Stretch & Balance– Lauren 9:00a Zumba– Wendy	18 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	19 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	20
21	22 9:00a PiYo– Marie 5:30p Strength Training – Joey	23 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	24 8:00a Stretch & Balance– Lauren 9:00a Zumba– Wendy	25 MERRY CHRISTMAS CLOSED	26 8:00a Kundalini Yoga– Lauren	27
28	29 9:00a PiYo– Marie 5:30p Strength Training – Joey	30 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	31 8:00a Stretch & Balance– Lauren 9:00a Zumba– Wendy			

MONDAY—FRIDAY 5:00AM TO 7:00PM ☞ SATURDAY—SUNDAY 7:00AM TO 5:00PM ☞ 602-906-3820 ☞

7:30 AM Hiking with Lee AVAILABLE DAILY by reservation only. **HIKE IS \$25 PER ADULT & \$15 PER CHILD**