


TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				:	1 8:00a Kundalini Yoga— Lauren	2 7:45a Zumba -Vikie
3	4 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	5 5:15a Bootcamp– Adam 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga—Lauren	6 8:00a Stretch & Balance— Lauren 5:30p Strength Training — Joey	7 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey 5:30p Yoga Nidra with Singing Bowls—Jes	8 8:00a Kundalini Yoga— Lauren	9 9:00a Gentle Flow Yoga– Heidi
10	11 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	12 5:15a Bootcamp– Adam 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga—Lauren	13 8:00a Stretch & Balance— Lauren 5:30p Strength Training — Joey	14 6:30a Mat Pilates– Carla 5:30p Yoga Nidra with Singing Bowls—Jes	15 8:00a Kundalini Yoga— Lauren	16 7:45a Zumba -Vikie 9:00a Gentle Flow Yoga– Heidi
17	18 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	19 5:15a Bootcamp– Adam 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga—Lauren	20 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core– Vikie 5:30p Strength Training — Joey	21 6:30a Mat Pilates– Carla 5:30p Yoga Nidra with Singing Bowls—Jes	22 8:00a Kundalini Yoga— Lauren	23 7:45a Zumba -Vikie 9:00a Gentle Flow Yoga– Heidi
24	25 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	26 5:15a Bootcamp– Adam 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga—Lauren	27 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core– Vikie 5:30p Strength Training — Joey	28 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey 5:30p Yoga Nidra with Singing Bowls—Jes	29 8:00a Kundalini Yoga— Lauren	30 7:45a Zumba -Vikie 9:00a Gentle Flow Yoga– Heidi

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