

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	2 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	3 7:45a Zumba- Vikie 9:00a Align & Refine– Marie 10:00a Strength Training-Joey
4	5 6:30a Core Strength– Rachel 9:00a PiYo– Marie 5:30p Strength Training – Joey	6 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	7 8:00a Stretch & Balance– Lauren 9:00a Zumba- Wendy 5:30p Yoga Nidra with Singing Bowls – Marie	8 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	9 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	10 7:45a Zumba- Vikie 9:00a Align & Refine– Marie 10:00a Strength Training-Joey
11	12 6:30a Core Strength– Rachel 9:00a PiYo– Marie 5:30p Strength Training – Joey	13 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	14 8:00a Stretch & Balance– Lauren 9:00a Zumba- Wendy 5:30p Yoga Nidra with Singing Bowls – Marie	15 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	16 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	17 7:45a Zumba- Vikie 9:00a Align & Refine– Marie 10:00a Strength Training-Joey
18	19 6:30a Core Strength– Rachel 9:00a PiYo– Marie 5:30p Strength Training – Joey	20 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	21 8:00a Stretch & Balance– Lauren 9:00a Zumba- Wendy 5:30p Yoga Nidra with Singing Bowls – Marie	22 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	23 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	24 7:45a Zumba- Vikie 9:00a Align & Refine– Marie 10:00a Strength Training-Joey
25	26 6:30a Core Strength– Rachel 9:00a PiYo– Marie 5:30p Strength Training – Joey	27 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a PiYo– Marie	28 8:00a Stretch & Balance– Lauren 9:00a Zumba- Wendy 5:30p Yoga Nidra with Singing Bowls – Marie	29 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey	30 6:30a Foam Rolling– Rachel 8:00a Kundalini Yoga– Lauren	31 7:45a Zumba- Vikie 9:00a Align & Refine– Marie 10:00a Strength Training-Joey

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**