

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>CLOSED AT 2:00 PM</u>	2 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga- Lauren 5:30p Water Aerobics—Lee	3 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	4 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey 5:30p Water Aerobics— Rachel	5 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	6 7:45a Zumba- Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training-Joey
7	8 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	9 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga- Lauren 9:00a Mindful Movement- Heidi 5:30p Water Aerobics—Lee	10 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	11 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey 5:30p Water Aerobics— Rachel	12 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	13 7:45a Zumba- Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training-Joey
14	15 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	16 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga- Lauren 9:00a Mindful Movement- Heidi 5:30p Water Aerobics—Lee	17 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	18 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey 5:30p Water Aerobics— Rachel	19 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	20 7:45a Zumba- Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training-Joey
21	22 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	23 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga- Lauren 9:00a Mindful Movement- Heidi 5:30p Water Aerobics—Lee	24 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	25 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey 5:30p Water Aerobics— Rachel	26 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	27 7:45a Zumba- Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training-Joey
28	29 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	30 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga- Lauren 9:00a Mindful Movement- Heidi 5:30p Water Aerobics—Lee				

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