

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

# December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>5:30p Strength Training</b> — Joey	3 <b>8:00a Kundalini Yoga</b> —Lauren	4 <b>8:00a Stretch &amp; Balance</b> — Lauren <b>5:30p Strength Training</b> — Joey	5 <b>5:30p Yoga Nidra with Singing Bowls</b> —Jes	6	7 <b>9:00a Gentle Flow Yoga</b> — Heidi
8	9 <b>9:00a Gentle Flow Yoga</b> — Heidi <b>5:30p Strength Training</b> — Joey	10 <b>8:00a Kundalini Yoga</b> —Lauren	11 <b>8:00a Stretch &amp; Balance</b> — Lauren <b>5:30p Strength Training</b> — Joey	12 <b>5:30p Yoga Nidra with Singing Bowls</b> —Jes	13	14 <b>9:00a Gentle Flow Yoga</b> — Heidi
15	16 <b>9:00a Gentle Flow Yoga</b> — Heidi <b>5:30p Strength Training</b> — Joey	17 <b>8:00a Kundalini Yoga</b> —Lauren	18 <b>8:00a Stretch &amp; Balance</b> — Lauren <b>5:30p Strength Training</b> — Joey	19 <b>5:30p Yoga Nidra with Singing Bowls</b> —Jes	20	21 <b>9:00a Gentle Flow Yoga</b> — Heidi
22	23 <b>9:00a Gentle Flow Yoga</b> — Heidi <b>5:30p Strength Training</b> — Joey	24 <b>8:00a Kundalini Yoga</b> —Lauren	25 <b>CLOSED</b>  <i>MERRY CHRISTMAS</i>	26 <b>5:30p Yoga Nidra with Singing Bowls</b> —Jes	27	28 <b>9:00a Gentle Flow Yoga</b> — Heidi
29	30 <b>9:00a Gentle Flow Yoga</b> — Heidi <b>5:30p Strength Training</b> — Joey	31 <b>8:00a Kundalini Yoga</b> —Lauren				