

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

February 2026

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

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 \$35 PER ADULT & \$20 PER CHILD**