

TOCASIER.RA FITNESS CENTRE MOVEMENT ROOM SCHEDULE

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:15a Mat Pilates-Rachel 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00p Vinyasa Yoga-Sherry 5:30p Step it up-Keith	3 8:00a Power Ball-Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Cardio Core-John 6:30p Power Flow Yoga-Dena	4 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	5 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry
6 9:00a Tai Chi-Rick 4:00p Step It Up-John 5:00p Sunset Yoga-Brenda	7 5:15a Bootcamp-Adam 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00pVinyasa Yoga-Sherry 5:30p Core Statics-John	8 615a-sunrise powerflow-Julie 8:00a Weight Training - Sherry 9:00a Mat Pilates-Garry 1:00p Tai Chi-Rick 5:30p Power Flow Yoga-Dena	9 5:15a Bootcamp-Adam 6:15a Mat Pilates-Rachel 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00p Vinyasa Yoga-Sherry 5:30p Step it up-Keith	10 8:00a Power Ball-Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Cardio Core-John 6:30p Power Flow Yoga-Dena	11 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	12 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry <u>12:00p Yoga-Lisa</u>
13 9:00a Tai Chi-Rick 4:00p Step It Up-John 5:00p Sunset Yoga-Brenda	14 5:15a Bootcamp-Adam 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00pVinyasa Yoga-Sherry 5:30p Core Statics-John	15 615a-sunrise powerflow-Julie 8:00a Weight Training - Sherry 9:00a Mat Pilates-Garry 1:00p Tai Chi-Rick 5:30p Power Flow Yoga-Dena	16 5:15a Bootcamp-Adam 6:15a Mat Pilates-Rachel 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00p Vinyasa Yoga-Sherry	17 8:00a Power Ball-Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Cardio Core-John 6:30p Power Flow Yoga-Dena	18 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	19 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry
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