

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:15a Bootcamp -Adam 6:15a Mat Pilates - Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	2 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
3 9:00a Tai Chi -Rick 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	4 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Kesha 4:30p Kundalini Yoga -Lauren 5:30p Core Statics -John	5 6:15a Sunrise yogaflow -Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 1:00p Tai Chi -Rick 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	6 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	7 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	8 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	9 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry <u>12:00p Yoga-Lisa</u>
10 9:00a Tai Chi -Rick 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	11 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Kundalini Yoga -Lauren 5:30p Core Statics -John	12 6:15a Sunrise yogaflow -Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 1:00p Tai Chi -Rick 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	13 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	14 8:00a CardiYO Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	15 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	16 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
17 9:00a Tai Chi -Rick 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	18 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Kundalini Yoga -Lauren 5:30p Core Statics -John	19 6:15a Sunrise yogaflow -Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 1:00p Tai Chi -Rick 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	20 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry	21 8:00a CardiYO Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	22 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	23 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Sherry 10:00a Lunar Cycles -Sherry
24 9:00a Tai Chi -Rick 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	25 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Kundalini Yoga -Lauren 5:30p Core Statics -John	26 6:15a Sunrise yogaflow -Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 1:00p Tai Chi -Rick 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	27 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	28 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	29 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	30 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
31 9:00a Tai Chi -Rick 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda						