

TOCASIERA FITNESS CENTER MOVEMENT ROOM SCHEDULE

May 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 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	2 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -Chiara 6:30p FlowYoga -Dena	3 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	4 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
5 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	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 Kundalini Yoga -Lauren 5:30p Core Statics -John	7 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	8 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	9 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -Chiara 6:30p FlowYoga -Dena	10 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	11 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry 12:00p Yoga -Lisa
12 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	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 Kundalini Yoga -Lauren 5:30p Core Statics -John	14 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	15 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	16 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	17 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	18 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
19 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	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 4:30p Kundalini Yoga -Lauren 5:30p Core Statics -John	21 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	22 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	23 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	24 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	25 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry
26 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	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 MEMORIAL DAY!	28 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	29 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a Strength & Sculpt -Vikie 12:00p Vinyasa Yoga -Sherry	30 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 5:30p Cardio Core -John 6:30p FlowYoga -Dena	31 5:15a Bootcamp -Adam 6:15a Mat Pilates -Rachel 8:00a Total Wellness -Lauren 9:00a Strength & Sculpt -Vikie	

MONDAY—FRIDAY 5:00AM TO 9:00PM ↻ SATURDAY-SUNDAY 6:00AM TO 8:00PM ↻ 602-906-3820 ↻