

TOCASIER R.A FITNESS CENTER MOVEMENT ROOM SCHEDULE

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry
2 4:00p Step It Up-John 5:00p Sunset Yoga-Brenda	3 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	4 615a Sunrise yogaflow-Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Flow Yoga-Dena 6p Water Aerobics-Rachel	5 5:15a Bootcamp-Adam 6:15a Mat Pilates-Rachel 8:00a Kundalini Yoga-Lauren 9:00a Strength & Sculpt-Vikie 12:00p Vinyasa Yoga-Sherry	6 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 6p Water Aerobics-Rachel 6:30p FlowYoga-Dena	7 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	8 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry 12:00p Yoga-Lisa
9 5:00p Sunset Yoga-Brenda	10 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	11 615a Sunrise yogaflow-Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Flow Yoga-Dena 6p Water Aerobics-Rachel	12 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	13 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 6p Water Aerobics-Rachel 6:30p FlowYoga-Dena	14 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	15 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry
16 5:00p Sunset Yoga-Brenda	17 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	18 615a Sunrise yogaflow-Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Flow Yoga-Dena 6p Water Aerobics-Rachel	19 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	20 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 6p Water Aerobics-Rachel 6:30p FlowYoga-Dena	21 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	22 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry
23 5:00p Sunset Yoga-Brenda 30 5:00p Sunset Yoga-Brenda	24 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	25 615a Sunrise yogaflow-Julie 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 4:30p Zumba-Vikie 5:30p Flow Yoga-Dena 6p Water Aerobics-Rachel	26 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	27 8:00a CardiYO -Sherry 9:00a Mat Pilates-Garry 6p Water Aerobics-Rachel 6:30p FlowYoga-Dena	28 5:15a Bootcamp-Adam 6:15a Mat Pilates- Rachel 8:00a Total Wellness-Lauren 9:00a Strength & Sculpt-Vikie	29 8:00a Zumba-Vikie 9:00a Rhythmic Stretch-Kesha 10:00a Lunar Cycles-Sherry

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