

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00a Vinyasa Yoga - Elizabeth 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	2 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	3 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	4 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a P90X -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	5 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 11:00a Yin Yoga - Elizabeth 5:30p Cardio Core -John 6:30p FlowYoga -Dena	6 6:15a Foam Roller - Rachel 8:00a Total Wellness -Lauren 9:00a Mash-UP -Vikie 11:00a Restorative Yoga -Elizabeth	7 8:00a Zumba -Vikie 9:00a Ball Yoga -Sherry 10:00a Lunar Cycles -Sherry 11:00a Restorative Yoga -Elizabeth
8 10:00a Vinyasa Yoga - Elizabeth 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	9 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	10 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	11 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a P90X -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	12 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 11:00a Yin Yoga - Elizabeth 5:30p Cardio Core -John 6:30p FlowYoga -Dena	13 6:15a Foam Roller - Rachel 8:00a Total Wellness -Lauren 9:00a Mash-UP -Vikie 11:00a Restorative Yoga -Elizabeth	14 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry 11:00a Restorative Yoga -Elizabeth 12:00p Yoga-Lisa
15 10:00a Vinyasa Yoga - Elizabeth 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	16 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	17 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	18 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a P90X -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	19 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 11:00a Yin Yoga - Elizabeth 5:30p Cardio Core -John 6:30p FlowYoga -Dena	20 6:15a Foam Roller - Rachel 8:00a Total Wellness -Lauren 9:00a Mash-UP -Vikie 11:00a Restorative Yoga -Elizabeth	21 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry 11:00a Restorative Yoga -Elizabeth
22 10:00a Vinyasa Yoga - Elizabeth 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	23 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	24 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena	25 6:15a Mat Pilates -Rachel 8:00a Kundalini Yoga -Lauren 9:00a P90X -Vikie 12:00p Vinyasa Yoga -Sherry 4:30p Step it up -Keith	26 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 11:00a Yin Yoga - Elizabeth 5:30p Cardio Core -John 6:30p FlowYoga -Dena	27 6:15a Foam Roller - Rachel 8:00a Total Wellness -Lauren 9:00a Mash-UP -Vikie 11:00a Restorative Yoga -Elizabeth	28 8:00a Zumba -Vikie 9:00a Rhythmic Stretch -Kesha 10:00a Lunar Cycles -Sherry 11:00a Restorative Yoga -Elizabeth
29 10:00a Vinyasa Yoga - Elizabeth 4:00p Step It Up -John 5:00p Sunset Yoga -Brenda	30 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	31 5:15a Bootcamp -Adam 8:00a CardiYO -Sherry 9:00a Mat Pilates -Garry 4:30p Zumba -Vikie 5:30p Flow Yoga -Dena				