

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength - John	3 5:15a Bootcamp- Adam 9:00a Yoga - Lauren 5:30p Cardio Strength -John	4 6:30a Pilates - Rachel 8:00a Sculpt & Stretch - John 9:00a Yoga - Lauren	5 5:15a Bootcamp- Adam 5:30p Cardio Strength -John	6 6:30a Roller Foam Fridays- Rachel 9:00a Stretch & Balance - Lauren	7
8	9 6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength - John	10 5:15a Bootcamp- Adam 9:00a Yoga - Lauren 5:30p Cardio Strength -John	11 6:30a Pilates - Rachel 8:00a Sculpt & Stretch - John 9:00a Yoga - Lauren	12 5:15a Bootcamp- Adam 5:30p Cardio Strength -John	13 6:30a Roller Foam Fridays- Rachel 9:00a Stretch & Balance - Lauren	14 8:00a Zumba -Vickie 9:00a Yoga- Heidi
15	16 6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength - John	17 5:15a Bootcamp- Adam 9:00a Yoga - Lauren 5:30p Cardio Strength -John	18 6:30a Pilates - Rachel 8:00a Sculpt & Stretch - John 9:00a Yoga - Lauren	19 5:15a Bootcamp- Adam 5:30p Cardio Strength -John	20 6:30a Roller Foam Fridays- Rachel 9:00a Stretch & Balance - Lauren	21 8:00a Zumba -Vickie 9:00a Yoga- Heidi
22	23 6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength - John	24 5:15a Bootcamp- Adam 9:00a Yoga - Lauren 5:30p Cardio Strength -John	25 6:30a Pilates - Rachel 8:00a Sculpt & Stretch - John 9:00a Yoga - Lauren	26 5:15a Bootcamp- Adam 5:30p Cardio Strength -John	27 6:30a Roller Foam Fridays- Rachel 9:00a Stretch & Balance - Lauren	28 8:00a Zumba -Vickie 9:00a Yoga- Heidi
29	30 6:30a Pilates - Rachel 9:00a Yoga- Heidi 5:30p Cardio Strength - John	31 5:15a Bootcamp- Adam 9:00a Yoga - Lauren 5:30p Cardio Strength -John				

MONDAY—FRIDAY 5:00AM TO 7:00PM ☞ SATURDAY-SUNDAY 7:00AM TO 5:00PM ☞ 602-906-3820 ☞