



TOSCANA GROUP EXERCISE SCHEDULE NOVEMBER 2025



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am				BoxFit* - 45min Ronnie - Studio 1			
8:00 am	Cardio Strength - 50min Tammy - Studio 1	Men's Yoga - 45min Sheeryn - Studio 1		Men's Yoga - 45min Sheeryn - Studio 1		Cardio Strength - 50min Ronnie - Studio 1	Silent Yoga - 45min Greta - Studio 1
8:15 am Studio 1			TRX Express* - 30min Stephen - Studio 1		TRX Express* - 30min Erin - Studio 1		
8:15 am Studio 2	Stretch - 30min Valentina - Studio 2	Abs Attack - 30min Kimberly - Studio 2	Abs Attack - 30min Anthony - Studio 2	Abs Attack - 30min Ronnie - Studio 2	Yoga Inversions - 30min Stephen - Studio 2		
9:00 am Studio 1	Yoga - 50min Valentina - Studio 1	Gentle Yoga - 50min Sheeryn - Studio 1	Yoga - 50min Stephen - Studio 1	Yoga - 50min Sheeryn - Studio 1	Balance & Core Stability - 50min Erin - Studio 1	Yoga - 50min Stephen - Studio 1	Yoga - 50min Greta - Studio 1
9:00 am Studio 2	TRX* - 50min Tammy - Studio 2	Mat Pilates- 50min Kimberly - Studio 2	Mat Pilates- 50min Greta - Studio 2	Mat Pilates- 50min Valentina - Studio 2	No Flow Yoga - 30min Stephen - Studio 2	Abs, Arms & A.. - 30min Ronnie - Studio 2	
10:15 am Studio 1	Barre* - 50min Valentina - Studio 1	Barre* - 50min Sheeryn - Studio 1	Classically Fit - 50min Michelle - Studio 1	Barre* - 50min Valentina - Studio 1		Barre* - 50min Michelle - Studio 1	
10:15 am Studio 2 / Pool	Water Fitness - 50min Tammy - Pool	Gyrokinesis - 60min Seth - Studio 2			Water Fitness - 50min Erin - Pool	Water Fitness - 50min Ronnie - Pool	
11:30 am	Classically Fit - 50min Valentina - Studio 1						
2:00 pm	Restore Yoga* - 60min May - Studio 1		Yoga - 50min May - Studio 1				
3:30 pm							

***LIMITED SPACE CLASSES, REQUIRES SIGN UP**
For further assistance call the Sports Club Concierge at 760.404.1590



TOSCANA REFORMER PILATES SCHEDULE NOVEMBER 2025



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am			Reformer Class Greta	Advanced Class Barb W	Reformer Class Joni		
9:00 am	Reformer Class Barb W	Advanced Class Seth	Reformer Class Michaela	Reformer Class Barb W	Advanced Class James	Advanced Class Michelle	
10:00 am	Advanced Class James	Reformer Class Kimberly	Reformer Class Greta	Reformer Class Kimberly		Reformer Class James	Reformer Class Greta
11:00 am	Athletic Class James		Reformer class Greta				
12:00 pm							
1:00 pm							
2:00 pm			Reformer Class Kimberly				
2:30 pm	Reformer Class Joni						
3:00 pm		Advanced Class Jennifer C.					
3:30 pm	Men's Reformer Class James		Men's Reformer Class James - Reformer Room		Men's Reformer Class James - Reformer Room		

PRIVATE INSTRUCTION AVAILABLE UPON REQUEST
MINIMUM OF 2 PARTICIPANTS REQUIRED FOR CLASSES

**NEW TO PILATES? TWO PRIVATES
ARE REQUIRED TO START
ATTENDING GROUP CLASSES.**