



# TOSCANA GROUP EXERCISE SCHEDULE

## FEBRUARY 2026



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am				BoxFit -50 min Erick Studio 1			
8:00 am		Men's Yoga - 45min Sheeryn - Studio 1		Men's Yoga - 45min Sheeryn - Studio 1		Strength and Endurance Alissa -Studio 1	
8:15 am Studio 1	TRX Express* - 30min Tammy - 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 Greta - 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	Sculpt and Tone- 50 min Tammy Studio 2		Mat Pilates- 50min Greta - Studio 2	Mat Pilates- 50min Valentina - Studio 2	No Flow Yoga-50 min Christie- Studio 2	Abs Arms and A Alissa Studio 2	
10:15 am Studio 1	Barre* - 50min Valentina - Studio 1		Classically Fit - 50min Michelle - Studio 1	Barre* - 50min Valentina - Studio 1		Barre* - 50min Michelle - Studio 1	
10:30 am Pool	Water Fitness - 50min Tammy - Pool				Water Fitness - 50min Erin - Pool	Water Fitness - 50min Alissa - Pool	
11:00/11:30 am	11:30-Classically Fit 50min Valentina - Studio 1			11:30-Breathwork 30 min Valentina-Studio 1		11:00 - Spartan* Jordan - 50min	
2:00 pm	Restore Yoga* - 60min May - Studio 1				Tai Chi 50 min Atsuko-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

## FEBRUARY 2026



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am	Jumpboard Reformer Joni				Reformer Class Joni		Beginner Reformer Greta
9:00 am	Reformer Class Barb W	Reformer Class Kimberly	Reformer Class Michaela	Reformer Class Joni	Advanced Class James	Reformer Class Michelle	
10:00 am	Advanced Class James	Reformer Class Kimberly	Reformer Class Greta	Reformer Class Kimberly		Advanced Class James	Reformer Class Greta
11:00 am	Athletic Class James						
12:00 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		Men's Reformer Class James - Reformer Room		
4:00 pm				Reformer Class Greta			

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

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