



NOVEMBER 2026

TOSCANA GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am				BoxFit* 50 minutes Mikiyah - Studio 1			
8:00 am Studio 1	Circuit * 50 minutes Tammy Studio 1	Men's Yoga 45 minutes Sheeryn - Studio 1		Men's Yoga 45 minutes Stephen - Studio 1		Strength 50 minutes Mikiyah- Studio 1	
8:00 am Studio 2						Yoga Wall * \$ 45 minutes Stephen - Studio 2	
8:15 am Studio 1			TRX Express* 30 minutes Christy - Studio 1		TRX Express* 30 minutes Stephen - Studio 1		
8:15 am Studio 2	Stretch 30 minutes Valentina - Studio 2	Abs Attack 30 minutes Mikiyah - Studio 2	Abs Attack 30 minutes Greta - Studio 2	Stretch 30 minutes Valentina - Studio 2			
9:00 am Studio 1	Yoga 50 minutes Valentina - Studio 1	Gentle Yoga 50 minutes Sheeryn - Studio 1	Yoga 50 minutes Christy - Studio 1	Yoga 50 minutes Stephen- Studio 1	Classically Fit 50 minutes Michelle - Studio 1	Yoga 50 minutes Stephen - Studio 1	Yoga 50 minutes Natalia - Studio 1
9:00 am Studio 2	Mat Pilates 50 minutes Leslie - Studio 2	Roll and Release 30 minutes Mikiyah - Studio 2	Mat Pilates 50 minutes Greta - Studio 2	Mat Pilates 50 minutes Valentina - Studio 2	Yoga 50 minutes Christy - Studio 2	Abs Arms & A__ 50 minutes Mikiyah Studio 2	
10:15 am Studio 1	Barre* 50 minutes Valentina - Studio 1	Mobility 50 minutes Sheeryn - Studio 1	Classically Fit 50 minutes Michelle - Studio 1	Barre* 50 minutes Valentina - Studio 1		Barre* 50 minutes Michelle - Studio 1	
10:15 am Pool	Water Fitness 50 minutes Leslie - Pool	Water Fitness 50 minutes Mikiyah - Pool			Water Fitness 50 minutes Leslie - Pool	Water Fitness 50 minutes Mikiyah - Pool	
10:30 am Studio 2				Yoga Wall * \$ 45 minutes Stephen - Studio 2		Tai Chi Flow 50 minutes DJ - Studio 2	
11:00/11:30 am	11:30 am - Classically Fit 50 minutes Valentina - Studio 1			11:30 am - Classically Fit 50 minutes Valentina - Studio 1		11:00am - Spartan*\$ 50 minutes Jordan	
2:00 pm	Restore Yoga* 60 minutes May - Studio 1						
3:00pm			Gentle Yoga 50 minutes Sheeryn - Pavillion				

*LIMITED SPACE CLASSES REQUIRE SIGN UP • CALL THE SPORTS CLUB CONCIERGE AT 760.404.1590 FOR ASSISTANCE



NOVEMBER 2026

TOSCANA PILATES SCHEDULE

ALL CLASSES 50 MINUTES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am							
9:00 am	Reformer Pilates Barb W.		Reformer Pilates Michaela	Reformer Pilates Joni	Reformer Pilates Lisa	Reformer Pilates Michelle	Reformer Pilates Diane/Joni
10:00 am	Reformer Pilates Michaela	Reformer Pilates Kimberly	Reformer Pilates Greta	Reformer Pilates Kimberly	Advanced Reformer Lisa	Advanced Reformer Joni	
11:00 am	Advanced Reformer Lisa						
12:00 am							
1:00 pm							
2:00 pm							
2:30 pm							
3:00 pm		Advanced Reformer Diane					
3:30 pm	Mens Reformer Lisa		Mens Reformer Lisa		Mens Reformer Lisa		
4:00 pm				Reformer Pilates Greta			

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