

SWEAT CARDIO & YOGA
 CLASS SCHEDULE AUGUST 2010
 31754 Temecula Parkway, Temecula, 92592 (951) 302-0088 www.sweatcardio.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Drop In Boot Camp! (\$10 Fee) Ends 8/25		Drop In Boot Camp! (\$10 Fee) Ends 8/25		Spin		
7:00am			Yoga I-II			Spin	
8:00am				Yogalates		Yoga II-III	
8:45am	Zumba	Spin (45 min.) 8:30 AM	R.I.P.P.E.D.		Pilates Fusion		Zumba
9:30am		Pump		Pump		Zumba	
9:45am	Yoga I-II		Zumba		Zumba		
10:30am		Sweat Barre Tone/Stretch		Zumba			Yoga I-II (10-11:00am)
11:00am	R.I.P.P.E.D	Beginning Zumba (11:30)				ANNIVERSARY OPEN HOUSE 8/7 11-2	
3:45pm						Self Defense w/Master Moss Ages 10+ Call (760) 434-5871 For Information (12:30)	STUDIO
4:30pm		Mat Pilates	Yoga I-II 4:15 PM		Family Yoga FREE (August 13 th)		AVAILABLE
5:30pm	Pedal Pump	Sweat & Sculpt	Zumba	Spin	Yogalates		FOR
6:30pm	Zumba 6:45 PM	Spin	Mat Pilates	Zumba	Zumba	AVAILABLE FOR	RENT
7:35pm	Yoga II-III 7:45 PM	Zumba	Pump (Begins 8/11)	Yoga I-II	Burlesque (August 6 th , 20 th)	PARTY/RENT	HOURLY