

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Boot Camp <i>Sign up for March 8, 2010</i>		Boot Camp <i>Sign up for March 8, 2010</i>		Spin Jennifer Clements		
7:00am			Beginning Yoga Stevie Kissee			Spin Aidalyn Myer	
8:00am		Power Yoga Lesia Smith		Yogalates Stevie Kissee	Total Body Toy Box Lesia Smith	Power Yoga Sunrise Rickard	
8:30am							Zumba Kim Sullivan
9:15am		Pump Jennifer Clements	Let's Get Moving Kids ages 2-4 9am-9:45am Tish Rylov	Cardio Circuit Jennifer Clements	Pilates Fusion (9:00-9:45) Lesia Smith		
9:45am	Beginning Yoga (Hatha) Stevie Kissee		Zumba Dionne Thomas		Zumba Trisha King	Zumba 9:30 Dionne Thomas	
10:30am		Zumba Gold Lola Fisher		Zumba Tone Trish King		R.I.P.P.E.D Elizabeth Garcia	Hot Yoga (10am – 11:30) Jean Oshima
11:00am	Zumba Dionne Thomas		Turbo Kick Brenda Ramirez		Beginning Yoga Jean Oshima		
12:15 PM						Self Defense Class w/Master Moss Ages 10 & Up	STUDIO
4:30pm	R.I.P.P.E.D Elizabeth Garcia	Mat Pilates MJ Smith	R.I.P.P.E.D Elizabeth Garcia	Turbo Kick Elizabeth Garcia	Family Yoga Kids ages 5-12 Stevie Kissee	Call (760) 434-5871 For info.	AVAILABLE
5:30pm	Pedal Pump Jennifer Clements	Sweat & Sculpt MJ Smith	Zumba Kim Sullivan	Spin Elizabeth Garcia	Yogalates Stevie Kissee	AVAILABLE	FOR
6:30pm	Zumba Corinne Bondal	Spin Elizabeth Garcia	Mat Pilates Jami D' Santi	Zumba Dionne Thomas	Zumba Chrissy Penn	FOR	RENT
7:35pm	Power Yoga Sunrise Rickard	Zumba Corinne Bondal	Tribal Belly Dancing Tish Rylov	Beginning Yoga Jean Oshima		RENT	