



April 2019

32839 Temecula Parkway, Suite 1, Temecula, Ca 92592

(951) 302-0088 www.sweatcardio.com

Schedule your classes online with our very own Sweat Cardio and Yoga App: Download it on Apple or Google Play

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a		TABATA SCULPT Michelle/Theresa	SPIN & Lift Rose	Bootcamp Mark	BagBOXING Michelle	HIIT & Lift Mark	
8:00a 8:15a 8:30a				8:15a (45 min.) <i>Morning Stretch</i> Michelle		8:00a <i>Stretch & Release</i> Michelle	8:30a <i>CorePilates</i> Christi TRX Training Mark (8:30a)
8:45a	Lisa						
9:00a 9:15a		BagBOXING Amy SPINNING Weights on Wheels Michelle (9:15a)	<i>Pilates Fusion</i> Kacy	<i>Bootie Camp yoga</i> Michelle SPINNING Amy (9:15)	<i>Core Pilates</i> Kacy SPINNING Theresa (9:15a)	All level Yoga Christi SPINNING Weights on Wheels Michelle (9:15a)	
9:30a							Amy Lisa Kim
10a	Heated Yoga *Varies	Chisel Amy	Gentle Yoga NEW! Michelle		Gentle Yoga NEW!! Michelle	Chisel Amy	
10:15 10:30				TRX Training Michelle (10:15)			All level Yoga NEW!! Angela (10:30a)
11a	AVAILABLE	Total BARRE Kari					
4:30p	For	<i>Yoga Sculpt</i> Angela	Total BARRE Christi				
5:30P	RENT	BagBOXING Lisa	BagBOXING Lisa	BagBOXING Lisa	TotalBARRE Rose		AVAILABLE
6:30P		Kim SPINNING Julianne	Bootcamp Mark	Lisa SPINNING Theresa	Chisel Theresa/Erika	April 19 only Anti-Stress Yoga Michelle	FOR RENT
7:30P		All Level Yoga Rose	All Level Yoga Angela	<i>Candlelight Yoga</i> Christi	All level Yoga Erika		

Please be courteous to other members and cancel out of class at least 2 hours prior to class if you cannot make it. There is a \$10 no-show fee for recurring no-shows.

New classes: Mon 4:30p YogaSculpt w/ Angela , Saturday 10:30a All Level Yoga w/ Angela

EVENTS: Saturday April 6 6:30p Sound Bowl Journey integrated w/ Gentle Yoga \$30 w/ Jenna & Michelle
Friday April 19th 6:30p Pop Up Anti Stress Candlelight Yoga- Members FREE, \$10 Drop in Closed Easter Day

Drop ins welcome! NEW LOWER DROP IN PRICES! \$10 drop in fee. DISCOUNTS ON PACKAGES AND MEMBERSHIPS

Take advantage of our memberships for UNLIMITED CLASSES! PLUS Class Packages, Family Add-ons and Gift Certificates available. Ask the Front desk for more info *Check online at www.sweatcardio.com or on our SWEAT CARDIO APP to sign up in advance or check instructor status.