



December 2018

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 R.	SPIN & Lift Rose	Bootcamp Mark	BagBOXing Michelle R.	HIIT & Lift Rose	
8:00a 8:15a 8:30a				8:15a (45 min.) <i>Morning Stretch</i> Michelle R.		8:00a <i>Stretch & Release</i> Michelle R.	8:30a <i>CorePilates</i> Christy TRX Training Mark (8:30a)
8:45a	Lisa						
9:00a 9:15a		BagBOXing Amy SPINNING Weights on Wheels Michelle R. (9:15a)	<i>Pilates Fusion</i> Kacy	<i>Bootie Camp yoga</i> Michelle R. SPINNING Amy (9:15)	<i>Core Pilates</i> Kacy SPINNING Theresa (9:15a)	All level Yoga Christy SPINNING Weights on Wheels Michelle (9:15a)	
9:30a							
10a	Heated Yoga *Varies	Chisel Amy	All level Yoga Beth	ALL ABOUT ABS 20 min Amy	Gentle Yoga NEW!! Michelle R.	Chisel Amy	
10:15 10:30				TRX Training Michelle R.			<i>BOOTIE CAMP Barre</i> Michelle T. (10:30a)
11a	AVAILABLE	Total BARRE Kari					
4:30p	For	<i>Yoga Sculpt</i> River	<i>BOOTIE CAMP Barre</i> Michelle T.				
5:30P	RENT	BagBOXING Lisa	BagBOXING Lisa	BagBOXING Lisa	TotalBARRE Rose		AVAILABLE
6:30P		Kim SPINNING Julianne	TBC Spin/TRX/Weights Beth	Lisa SPINNING Theresa	Chisel Beth SPINNING Sam		FOR RENT
7:30P		Heated YOGA Christy	All Level Yoga Beth	<i>Sunset Flow Yoga</i> Arlene	All level Yoga Beth		

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.

HOLIDAY SCHEDULE TO BE ANNOUNCED ONLINE AND APP

NEW! MONDAYS 4:30P YOGA SCULPT W/ RIVER, THURSDAYS 10A GENTLE YOGA, SATURDAYS SPIN 9:30A W/ AMY

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 New SWEAT CARDIO APP to sign up in advance or check instructor status.