

August 2017 Class Schedule

770-657-0351 www.northatlantacurves.com

*****Note: If you arrive during Curves Circuit Zumba you must participate in the class as the timing of the stations is different than usual. This is a 30-min. class.

| Monday | Tuesday |
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| <p>Club Opens at 7am</p> <p style="text-align: center;">No scheduled classes: Muscle Monday</p> <p>Club Closed 1pm-4pm</p> <p>Club Closes at 7:30pm</p> | <p>Club Opens at 7am</p> <p>7am- Functional Fitness (Body Basics**) 10am – Core Fusion (Cardio) 12pm- Kick Boxing (Boxing)</p> <p>Club Closed 1pm-4pm</p> <p>5:30pm- Kick Boxing (Boxing)</p> <p>Club Closes at 7:30pm</p> |
| Wednesday | Thursday |
| <p>Club Opens at 7am</p> <p>7am- Core Fusion (Cardio) 10am- Functional Fitness (Body Basics**) 12pm-Long & Lean (Balance)</p> <p>Club Closed 1pm-4pm</p> <p>5:30pm- Functional Fitness (Body Basics**)</p> <p>Club Closes at 7:30pm</p> | <p>Club Opens at 7am</p> <p>8:30am-Functional Fitness (Body Basics**) 10am-Body Sculpt (Balance) 12pm- Functional Fitness (Body Basics**)</p> <p>Club Closed 1pm-4pm</p> <p>5:00pm- Curves Circuit with Zumba***** 6:00pm- Functional Fitness (Body Basics**)</p> <p>Club Closes at 7:30pm</p> |
| | Saturday |
| <p>Club Opens at 7am</p> <p>7am- Body Sculpt (Balance) 10am- Long & Lean (Balance) 12pm- Core Fusion (Cardio)</p> <p>Club Closed 1:00pm</p> | <p>Club Opens at 9:30am</p> <p>12:00pm-Functional Fitness (Body Basics**)</p> <p>Club Closes at 12:30pm</p> |

*****Note***** There will not be any classes on Aug 1,2,3,&4th

**Body Basics = Arms, Core & Legs