

## January 2018 Class Schedule

**770-657-0351 www.northatlantacurves.com**

\*\*\*Note\*\*\* There will not be any classes on January 2,3,4&5 due to monthly coaching sessions.

<b>Monday</b>	<b>Tuesday</b>
<p><b>Club Opens at 7am</b></p> <p style="text-align: center;"><b>No scheduled classes: Muscle Monday</b></p> <p><b>Club Closed 1:30pm-4pm</b></p> <p><b>Club Closes at 7:30pm</b></p>	<p><b>Club Opens at 7am</b></p> <p>7am- Yoga by Curves 11am –Core Fusion</p> <p><b>Club Closed 1pm-4pm</b></p> <p>6:00pm-Yoga by Curves</p> <p><b>Club Closes at 7:30pm</b></p>
<b>Wednesday</b>	<b>Thursday</b>
<p><b>Club Opens at 7am</b></p> <p>7am- Core Fusion 10am- Yoga by Curves 12pm-Functional Fitness</p> <p><b>Club Closed 1:30pm-4pm</b></p> <p>5:00pm- Yoga by Curves</p> <p><b>Club Closes at 7:30pm</b></p>	<p><b>Club Opens at 7am</b></p> <p>8:30am-Yoga by Curves 10am-Functional Fitness</p> <p><b>Club Closed 1pm-4pm</b></p> <p>6:00pm- Functional Fitness</p> <p><b>Club Closes at 7:30pm</b></p>
<b>Friday</b>	<b>Saturday</b>
<p><b>Club Opens at 7am</b></p> <p>8:30am- Cardio HIIT (high intensity) 12pm- Yoga by Curves</p> <p><b>Club Closed 1:30pm-4pm</b></p> <p>5:00pm-Melt Burn Cardio (high intensity)</p> <p><b>Club Closes at 6:00pm</b></p>	<p><b>Club Opens at 9:00am</b></p> <p>11:30 am-Yoga by Curves</p> <p><b>Club Closes at 12:00pm</b></p>