

June 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.

Monday	Tuesday
<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- Long & Lean (Balance) 10am – Core Fusion (Low Intensity) 12pm- Triple Threat (Low intensity)</p> <p>Club Closed 1pm-4pm</p> <p>5pm- Cardio HIIT (High Intensity)</p> <p>Club Closes at 7:30pm</p>
Wednesday	Thursday
<p>Club Opens at 7am</p> <p>7am- Cardio HIIT (High Intensity) 10am- Long & Lean (Balance) 12pm-Cardio HIIT (High Intensity)</p> <p>Club Closed 1pm-4pm</p> <p>5pm- Cardio HIIT (High Intensity)</p> <p>Club Closes at 7:30pm</p>	<p>Club Opens at 7am</p> <p>8:30am- Long & Lean (Balance) 10am-Cardio HIIT (High Intensity) 12pm- Long & Lean (Balance)</p> <p>Club Closed 1pm-4pm</p> <p>5:00pm- Curves Circuit with Zumba***** 6:00pm- Long & Lean (Balance)</p> <p>Club Closes at 7:30pm</p>
Friday	Saturday
<p>Club Opens at 7am</p> <p>7am- Core Fusion (Low Intensity) 10am- Long & Lean (Balance) 12pm- Core Fusion (Low Intensity)</p> <p>Club Closed 1:00pm</p>	<p>Club Opens at 9:30am</p> <p>12:00pm-Cardio HIIT (High Intensity)</p> <p>Club Closes at 12:30pm</p>