

May 2018 Class Schedule

770-657-0351 www.northatlantacurves.com

Note There will not be any classes on **May 1, 2, 3 & 4th** due to monthly coaching sessions.

Monday	Tuesday
<p>Club Opens at 7am</p> <p style="text-align: center;">No scheduled classes: Muscle Monday</p> <p>Club Closed 1:30pm-4pm</p> <p>Club Closes at 7:30pm</p>	<p>Club Opens at 7am</p> <p>7am-Body Basics-Legs (all new) 10am – Balance by Curves</p> <p>Club Closed 1pm-4pm</p> <p>6:30pm-Boxing by Curves Club Closes at 7:30pm</p>
Wednesday	Thursday
<p>Club Opens at 7am</p> <p>7am- Dance by Curves Vol 2 10am-Boxing by Curves 12pm-Body Basics-Legs (all new)</p> <p>Club Closed 1:30pm-4pm</p> <p>5:30pm-Dance by Curves Vol 2</p> <p>Club Closes at 7:30pm</p>	<p>Club Opens at 7am</p> <p>10:00am- Body Basics-Legs (all new)</p> <p>Club Closed 1:00pm-4pm</p> <p>6:30pm-Balance by Curves</p> <p>Club Closes at 7:30pm</p>
Friday	Saturday
<p>Club Opens at 7am</p> <p>7am-Walking by Curves 10am- Walking by Curves 12pm- Dance by Curves Vol 2</p> <p>Club Closed 1:30pm-4pm</p> <p>4:30pm – Cardio HIIT</p> <p>Club Closes at 6:00pm</p>	<p>Club Opens at 9:00am</p> <p>11:00 am-Dance by Curves Vol 2</p> <p>Club Closes at 12:00pm</p>