

October 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
<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- Total Body Conditioning (BB**) 10am – Boxing Combo 2 12pm- Cardio Jam (Cardio)</p> <p>Club Closed 1pm-4pm</p> <p>5:00pm- Total Body Conditioning (BB**)</p> <p>Club Closes at 7:30pm</p>
Wednesday	Thursday
<p>Club Opens at 7am</p> <p>7am- Yoga Chisel (Balance) 10am- Yoga Fusion (Balance) 12pm-Total Body Conditioning (BB**)</p> <p>Club Closed 1:30pm-4pm</p> <p>5:00pm- Boxing Combo 2</p> <p>Club Closes at 7:30pm</p>	<p>Club Opens at 7am</p> <p>8:30am-Total Body Conditioning (BB**) 10am-Total Body Conditioning (BB**) 12pm- Boxing Combo 2</p> <p>Club Closed 1pm-4pm</p> <p>5:00pm- Curves Circuit with Zumba*****</p> <p>Club Closes at 7:30pm</p>
Friday	Saturday
<p>Club Opens at 7am</p> <p>7am- Core Fusion (Cardio) 10am- Yoga Chisel (Balance) 12pm- Cardio Jam (Cardio)</p> <p>Club Closed 1:30pm-4pm</p> <p>5:00pm-Cardio Melt Burn (high intensity)</p> <p>Club Closes at 6:00pm</p>	<p>Club Opens at 9:30am</p> <p>12:00pm-Total Body Conditioning (BB**)</p> <p>Club Closes at 12:30pm</p>

Note There will not be any classes on Oct 2,3,4&5 due to monthly coaching sessions. **BB = Arms, Core & Legs