



WEEKLY CLASS SCHEDULE

CURL FITNESS

Mon–Thur 5am – 10pm
 Fri 5am – 9pm
 Sat–Sun 7am – 7pm

9/5/19

	MON	TUE	WED	THUR	FRI	SAT	SUN
6AM	Active Strength Maddy	Cycle Marnie	Active Strength Maddy	30m/30m Cycle + Yoga Marnie	Cycle Carol		
	Cycle Carol		Cycle Carol				
7AM	Yoga Suzanne	Pilates Sculpt Gina		Bootcamp Kellie	Yoga Suzanne	Cycle Carol	
8AM						Bootcamp Carol	
8:15AM	Cycle 45m Becky	30m/30m Cycle + Yoga Angela		30m/30m Cycle + Yoga Angela		Cycle 45m Becky	
9AM						Yoga Angela	
9:15AM			Cycle Caryn	Pilates Sculpt Gina	Cycle 45m Caryn		Cycle 45m Caryn
10:15AM	Body Toning Gina		Body Toning Gina		1hr Hatha Yoga Flow Caryn		1hr Hatha Yoga Flow Angela
11:15AM	30m/30m Cycle + Yoga Kristen	30m/30m Cycle + Yoga Kristen					
5PM		Cycle 45m Becky Sculpt Marisa		Sculpt Marisa			
5:30PM	Bootcamp Kellie						
6PM		Spin Marisa		Bootcamp Maddie Spin Marisa			
6:30PM		ZUMBA Shiva	Yoga Suzanne				
7:15PM	Restorative Yoga Marnie			ZUMBA Shiva			



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