



curl FITNESS

CURL FITNESS
3505 Via Oporto Newport Beach
949-566-9290
www.curlfitness.com

MON-THURS: 5am – 10pm **FRIDAY:** 5am – 9pm
WEEKENDS: Saturday 6am – 8pm | Sunday 7am - 7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Bootcamp (Maddy) Cycle (Carol)	Cycle (Shawna)	Bootcamp (Maddy) Cycle (Carol)	30m/30m Cycle + Yoga (Marnie)	Cycle (Shawna)		
7:00AM	Yoga (Suzanne)	Pilates Sculpt (Gina)	Yoga (Sara)		Yoga (Suzanne) Cycle (Carol)	Cycle (Carol)	Cycle (Marisa)
8:00AM	Bootcamp (Maddy)		Bootcamp (Garrett)	Bootcamp 45 min (Jessica)	Bootcamp (Kellie)	Bootcamp (Cierra)	Bootcamp (Kellie)
8:15AM	Cycle 45 min (Becky)	30m/30m Cycle + Yoga (Angela)	Cycle 45 min (Kirsten)	30m/30m Cycle + Yoga (Angela)		Cycle 45 min (Becky)	Cycle 45 min (Marnie)
9:00AM	Zumba (Nancy)		Zumba (Nancy)		Zumba (Stacy)	Yoga (Lisa)	Gentle Yoga (Varies)
9:15AM	Cycle 45 min (Caryn)		Cycle 45 min (Caryn)	Pilates Sculpt (Gina)	Cycle 45 min (Caryn)	Cycle (Jessica)	Cycle 45 min (Angela)
10:00AM	Body Toning (Gina)		Body Toning (Gina)				
10:15AM				1h Hatha Yoga Flow (Caryn)	1h Hatha Yoga Flow (Caryn)		1h Hatha Yoga Flow (Angela)
11:15AM	30m/30m Cycle + Yoga (Caryn)	30m/30m Cycle + Yoga (Kirsten)	30m/30m Cycle + Yoga (Kirsten)				
5:00PM		Sculpt (Marisa)		Sculpt (Marisa)			
5:15PM		Cycle 45 min (Becky)		Cycle 45 min (Becky)			
6:00PM	Bootcamp (Kellie)	1h Hatha Yoga Flow (Angela) Cycle (Marisa)	Bootcamp (Kellie)	1h Hatha Yoga Flow (Angela) Cycle (Marisa)			
7:30PM	Restorative Yoga (Angela)						

WEEKLY CLASS SCHEDULE