








CURL FITNESS
 3505 Via Oporto Newport Beach
 949-566-9290
www.CurlFitness.com
Mon-Fri: 5am – 9pm
Sat 6am – 8pm | **Sun** 7am - 7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Active Strength (Maddy) Cycle (Carol)	Cycle (Rachel)	Active Strength (Maddy) Cycle 45m (Carol)	30m/30m Cycle + Yoga (Marnie)	Cycle (Carol)		
7:00AM	Yoga (Suzanne)	Pilates Sculpt (Gina)	Yoga (Erina)		Yoga (Suzanne)	Cycle (Carol)	Cycle 45m (Marnie)
8:00AM					LES MILLS BODYPUMP (Kellie)	LES MILLS BODYPUMP (Dione)	Active Strength (Kellie)
8:15AM	Cycle 45m (Becky)	30m/30m Cycle + Yoga (Angela)		30m/30m Cycle + Yoga (Angela)		Cycle 45m (Becky)	
8:45AM			 LES MILLS CXWORX (Dianna)				
9:00AM						Yoga (Erina)	
9:15AM	 ZUMBA (Jasmine)	LES MILLS BODYPUMP (Dianna)	 ZUMBA (Jasmine) Cycle 45m (Caryn)	Pilates Sculpt (Gina)	Cardio Dance (Stacy) Cycle 45m (Caryn)	Cycle (Jessica)	Cycle 45m (Angela)
10:00 AM						 ZUMBA (Jasmine)	
10:15AM	Body Toning (Gina)		Body Toning (Gina)		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)				
5:15PM		Cycle 45-min (Becky)		Cycle 45-min (Rachel)			
5:30PM	LES MILLS BODYPUMP (Dione)	 LES MILLS CXWORX (Dianna)	LES MILLS BODYCOMBAT (Dione)				
6:00PM	Cycle (Jessica)	Meditative Yoga (Nate)		Meditative Yoga (Nate)			
6:30PM							
7:30PM	Restorative Yoga (Angela)						

WEEKLY CLASS SCHEDULE 4/28/19