



NOV 2020

**Signup Required for all classes
PLEASE BRING YOUR OWN MAT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		CYCLE Interval Challenge Karen C		MVP SPIN Tracy C			
8:30am	BARBELL STRENGTH Michelle S	pilates core strength Carole	PLIA Power Carole	BARBELL STRENGTH Laura SUB FOR Cheryl	TOTAL BODY CORE Roz P	8:15am CYCLE CHALLENGE 55 min Patty	
						8:30am BARBELL STRENGTH Michelle S	
5:30pm	BARBELL STRENGTH Laura	6:00 MVP SPIN Tracy C	BARBELL STRENGTH Michelle S	pilates core strength Carol B	Spa Yoga Tatiana	Rama Athletic Hours: Mon– Fri 6am – 9pm Sat & Sun 7am – 6pm *All classes run 55 min unless noted “45” *[FF] Fitness Floor *Small Group Training Denotes additional fee per month*	

Rama Athletic Club