



June 2021

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

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

Rama Athletic Club