



January 2022

PLEASE BRING YOUR OWN MAT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		CYCLE CHALLENGE 55 min KAREN		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	8:15am CYCLE CHALLENGE 55 min Patty	
9:15am	9:15am CARDIO HIIT Michelle	9:30am CYCLE 45min Carole		9:30am VinYasa Yoga Tatiana		8:30am BARBELL STRENGTH Michelle	9:30 KICKBOXING Petra
5:30pm	BARRE Sculpt Elise	5:30 TABATA Patty	5:30 PURE MUSCLE Elise	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* Drop In Fee \$15	
		6:00 MVP SPIN Tracy C					

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Rama Athletic Club

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