

July 2022

PLEASE BRING YOUR OWN MAT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		CYCLE Jay D	BARBELL Kali	MVP SPIN Tracy C			
8:30am	BARBELL STRENGTH Michelle S	pilates core strength Carole	PLIA Power Carole	BARBELL Michelle	TOTAL BODY CORE Roz P	8:15am CYCLE CHALLENGE 55 min Patty	
9:30am		9:30am CYCLE 45 Carole		9:30am VinYasa Yoga Tatiana		8:30am BARBELL STRENGTH Michelle S	8:30am KICKBOXING Petra
5:30pm	BARRE Elise	5:30pm BARBELL STRENGTH Petra	5:30pm PURE MUSCLE Elise	5:30pm pilates core strength Carol B	5:30pm 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*	

Rama Athletic Club