

Sept 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	
8:30am WEEKEND						8:30am BARBELL STRENGTH Michelle S	8:30am CYCLE Petra
9:30am	IRON ASSETS Ali	CYCLE 45 Carole		VinYasa Yoga Tatiana		9:30am STEP Michelle S	9:30am Yoga Sculpt *Bring own mat Petra
4:30pm		4:30pm STEP Petra					
5:30pm	BARRE Elise	BARBELL STRENGTH Petra	PURE MUSCLE Elise	pilates core strength Carol B	Spa Yoga Tatiana *Bring your own mat	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*	
		6:00pm MVP SPIN Tracy C					

Rama Athletic Club