



THE GYM
RAMONA

GROUP TRAINING SCHEDULE

Please note, classes are 50 min, class times, instructors and formats are subject to change

CLASSES PART OF TG GROUP TRAINING MEMBERSHIP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM		CARDIO DANCE - ANNETTE	PIYO-ROSE	CARDIO/ SCULPT - ANNETTE	ZUMBA - ROSE	
9AM	FUEL50	FUEL50	FUEL50	FUEL50	FUEL50	FUEL50
1PM	SILVER SNEAKERS - JACKIE		SILVER SNEAKERS - JACKIE		SILVER SNEAKERS - JACKIE	
5PM	ZUMBA - ROSE	YOGA - SARA	ZUMBA - ROSE	TURBOKCK - ROSE		
3:15		ULTIMATE ATHLETE Ages 6-11		ULTIMATE ATHLETE Ages 6-11		
4:15		ULTIMATE ATHLETE Ages 12-18		ULTIMATE ATHLETE Ages 12-18		
6PM	FUEL50	FUEL50	FUEL50	FUEL50		
6PM SMALL RM.	PIYO - ROSE		PIYO-ROSE			

THEGYMRAMONA.COM

558 MAIN STREET 760-789-3500

STARTS DECEMBER 20, 2021