

SPRING AND SUMMER SCHEDULE 2017

Renee Ricca's Pilates & Gyrotonic® Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Open Level Reformer		Open Level Reformer	Therapeutic, Stretch, & Alignment	Open Level Reformer		
8:30 AM				Jump board & BODHI Class Size 6			
9:30 AM	Back to Basics Reformer With Renee Ricca*						
9:30 AM	BODHI Suspension Class Size 6	Level II Circuit All Apparatus	MOTR™	Level II Tower	Historical Repertoire (2 yrs Pilates Required) With Renee Ricca	RR Burn Barre	
10:30 AM	Stretch & Breath Class	Level II All Apparatus With Renee Ricca	Back to Basics Reformer With Renee Ricca	Level I & II Tower With Renee Ricca	Level II Apparatus	Open Level Reformer	
11:30AM						Aerial Therapeutic Stretch / Pilates Class Size 6	
12:30 PM		Lunchtime Reformer Basic Open Level		Lunchtime Reformer Basic Open Level			
5:00PM	BODHI Suspension Class Size 6 45 min			BODHI Express Class Size 6 45 min			
5:45PM	MOTR™ 60 min						
5:45PM	Back to Basics Reformer Express 45 min With Renee Ricca		Therapeutic, Stretch, & Alignment	BODHI Express Class Size 6 45 min			
6:30 PM		Level II Reformer		Level II Tower			
7:00pm	Open Level Circuit Class						
7:30pm	Zumba Gold						

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Receive Text Messages: Text "Start" to 305 916 6642

24 hour Cancellation Policy / Monthly Discounted Packages must be finished within the month - no extensions

*Classes Not Open Yet