

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Reformer Level I & II		Reformer Open Level		Reformer Level I & II		
8:30 AM				Back to Basics Reformer ^{*new}			
9:00 AM		Back to Basics Reformer ^{*new}					
9:30 AM	Cardio BODHI		Circuit Cardio Operative				
9:30 AM		Reformer Level II & III		Level II & III Tower	Advanced Traditional Reformer With Renee Ricca	Back to Basics Reformer ^{*new}	
10:30 AM	Stretch & Breath Class	Reformer Level II & III	Back to Basics Reformer With Renee Ricca	Level II & III Tower	Reformer Level II & III	Reformer Level I & II	
10:30 AM					Cardio BODHI		
11:30 AM		Rehabilitation Reformer ^{*new}		Rehabilitation Reformer ^{*new}			
1:30 PM		Lunchtime Reformer Open Level ^{*new}		Lunchtime Reformer Open Level ^{*new}			
5:00PM	Cardio BODHI			Cardio BODHI			
5:45PM	Cardio MOTR™	Reformer Level I Circuit With Renee Ricca ^{*new}		Cardio BODHI			
5:45PM	Back to Basics Reformer With Renee Ricca						
6:30 PM		Reformer Level II & III		Level I & II Tower			
7:00pm	Level I & II Reformer						
7:30pm	ZUMBA Gold Low impact						

Renee Ricca's Pilates & Gyrotonic® Center

FALL SCHEDULE 2017-2018

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