

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Reformer Level I & II		Reformer Open Level* <i>new</i>		Reformer Level I & II		
8:30 AM		Back to Basics Reformer* <i>new</i>		Back to Basics Reformer* <i>new</i>			
9:30 AM	Reformer & Circuit Level I & II* <i>new</i>						
9:30 AM	Cardio BODHI		Circuit Cardio Apparatus* <i>new</i>				
9:30 AM		Reformer Level II & III		Level II & III Tower	Advanced Traditional Reformer With Renee Ricca	Back to Basics Reformer* <i>new</i>	
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* <i>new</i>		Rehabilitation Reformer* <i>new</i>			
1:30 PM		Lunchtime Reformer Open Level* <i>new</i>		Lunchtime Reformer Open Level* <i>new</i>			
5:00PM				Cardio BODHI			
5:45PM	Cardio MOTR™ 6PM	Reformer Level I Circuit With Renee Ricca* <i>new</i>		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

18131 Biscayne Blvd. Aventura, FL 33160

Phone: (305) 466-6611 / **E-mail:** rricca@bellsouth.net / **Website:** rriccapilates.net **Receive Text Messages:** Text "Start" to 305 916 6642