

Renee Ricca's Pilates & Gyrotonic® Center

SUMMER SCHEDULE 2018

18131 Biscayne Blvd. Aventura, FL 33160

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