

Renee Ricca's Pilates & Gyrotonic® Center

FALL / WINTER 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		Cardio Jump board Reformer		Reformer Level I & II	
8:30 AM		Back to Basics Reformer		Back to Basics Reformer		Cardio Pilates Circuit
9:30 AM	Reformer & Circuit Level I & II	Reformer Level II & III	Reformer & Circuit Level I & II ^{*new}	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	Rehab Reformer				Cardio BODHI	
11:30 AM				Rehab Reformer		
5:00PM				Cardio BODHI		
5:45PM	Back to Basics Reformer With Renee Ricca	Reformer Level I & II	Back to Basics Reformer	Reformer Level I & II		
6:00 PM	Cardio Sculpt MOTR		Cardio Sculpt MOTR	Cardio BODHI		
6:30 PM		Reformer Level II & III		Level I & II Tower		
7:00pm	Level I & II Reformer		Level I & II Reformer			

