

Renee Ricca's Pilates & Gyrotonic® Center

FALL/WINTER SCHEDULE 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

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		
9:30 AM	Reformer & Circuit Level I & II	Reformer Level II & III	Reformer & Circuit Level I & II	Level II & III Tower	Advanced Traditional Reformer With Renee Ricca	Back to Basics Reformer
9:30 AM	Cardio BODHI with Renee Ricca					
10:30 AM	Gyrotonic® Essentials	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		Intense Cardio Circuit		Cardio BODHI	
11:30 AM				Rehab Reformer		Cardio Pilates Circuit
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 Sculpt MOTR		
6:30 PM		Reformer Level II & III		Level I & II Tower		
7:00pm	Level I & II Reformer		Level I & II Reformer			