

Renee Ricca Pilates & Gyrotonic® Center
305.466.6611 / www.riccapilates.net

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Reformer Level I & II w/ Stephanie Kronick		Ariel Pilates & BB Barre w/ Stephanie Kronick		Reformer Level I & II w/ Stephanie Kronick	
8:30 AM		Back to Basics Reformer w/Renee Roberts		Back to Basics Reformer w/Renee Roberts		
9:00 AM	Reformer& Circuit Level I & II w/Lynn Luber		Reformer & Tower Level I & II w/ Lynn Luber			
	BODHI w/Renee Ricca					
9:30 AM		Reformer Level II & III w/ Stephanie Kronick		Level II & III Tower w/ Stephanie Kronick	Advanced Traditional Reformer w/Renee Ricca	Back to Basics Reformer w/ Stephanie Kronick
		All Apparatus Level I & II w/Renee Roberts		All Apparatus Level I & II w/Renee Roberts		
10:00AM	Rehab Reformer w/ Renee Ricca					
10:00 AM	Basic Ariel Pilates w/ Stephanie Kronick					
10:30 AM		Advanced Traditional Reformer w/Renee Ricca	Reformer Level I & II w/ Renee Ricca	Basic Ariel Pilates w/ Renee Roberts	Reformer Jump Board & BODHI w/Stephanie K.	Reformer Level I & II w/Stephanie K.
11:00 AM			Ariel Pilates & Jump board w/ Stephanie Kronick			
11:30 AM				Rehab Reformer w/ Renee Roberts		Cardio Core Circuit W/Stephanie K.
5:00PM				Cardio BODHI w/Stephanie K.		
5:45PM		Cardio Sculpt MOTR w/ Stephanie Kronick				
5:45PM	Back to Basics Reformer With Renee Ricca	Reformer Level I & II w/Renee Roberts	Back to Basics Reformer w/Lynn Luber			
6:00PM				Reformer Level I & II w/Renee Roberts		
6:30 PM		Reformer Level II & III w/Stephanie K.				
7:00pm	Reformer/ Wunda Chair Level I & II w/ Lynn Luber		Reformer/ Wunda Chair Level I & II w/ Lynn Luber	Level I & II Tower w/ Renee Roberts		