

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			
9:00AM							
9:30 AM		Reformer Level II & III w/ Stephanie Kronick	Reformer & BB Barre w/ Hadassah V.	Level II & III Tower w/ Stephanie Kronick	Advanced Traditional Reformer w/Renee Ricca	Back to Basics Reformer w/ Stephanie Kronick	Back to Basics Reformer
		All Apparatus Level I & II w/Renee Roberts		All Apparatus Level I & II w/Renee Roberts			
10:00AM	Rehab Reformer w/ Renee Ricca				Reformer Level I & II w/Hadassah V.		
	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.	Reformer Level I & II
11:30 AM				Rehab Reformer w/ Renee Roberts			Aerial Pilates
5:00PM				Cardio BODHI w/Stephanie K.			
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			