

# RENEE RICCA LIVESTREAM SCHEDULE

## NOVEMBER 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM		Advanced Pilate Mat		Advanced Pilate Mat			
9:30AM	Pilates Mat All Levels		Pilates Cardio Burn with weights & props	Pilates Mat All Levels	Reformer Level II & III	Pilates Mat All Levels	
10:00AM							Pilates Mat All Levels
10:30AM		Gyrokinesis® Level 1 & 2 Hybrid Open Reformer Level II & III		Classical Ballet Barre & Stretch for Non-Dancers		Gyrokinesis® Level 2 Hybrid Open Reformer Level II & III	
				Gyrokinesis Level I & II			
11:00AM	Rehab Stretch		Hot Salsa Workout		Hot Salsa Workout		
11:30AM				Rehab Stretch			
6:00PM	Pilates Mat All Levels		Pilates Mat All Levels				