

RENEE RICCA LIVESTREAM SCHEDULE

September & October 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						Pilates Mat All Levels	
9:00AM	Pilates Mat All Levels						
9:30AM			Pilates Cardio Burn with weights & props				
10:00A M	In-House/ Zoom Rehab/ Osteoporosis /Osteopenia						
10:30A M		Gyrokinesis ® Level 1 & 2					
11:00A M							
11:30A M				In-House/ ZoomRehab/ Osteoporosis /Osteopenia			
6:00PM							