

RENEE RICCA LIVESTREAM SCHEDULE

November & December 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				
10:00AM	In- House/Zoom Rehab/ Osteoporosis/ Osteopenia						
10:30AM		Gyrokinesis® Level 1 & 2					
11:00AM							
11:30AM				In- House/Zoom Rehab/ Osteoporosis/ Osteopenia			
6:00PM							