

IN HOUSE SCHEDULE

August 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Advanced I & II All Apparatus/	Advanced I & II All Apparatus/	Advanced I & II All Apparatus/	Foundations I & II All 8-Weeks Program	Advanced I & II All Apparatus/		
9:00 AM	Open Reformer & Foundation Aerial						
9:30AM		Foundations I & II All 8-Weeks Program	*Intermediate I & II All Apparatus/MOTR/Bodhi	*Intermediate I & II All Apparatus/Bodhi	Intermediate II/Advanced II & III Reformer	Foundations I & II 8-Week Program	Foundations I & II All 8-Weeks Program
10:00 AM	Intermediate I & II All Apparatus						
10:30 AM		Advanced II & III All Apparatus	In-House & Virtual Gyrokinesis	Intermediate Tower	Intermediate I & II All Apparatus	Advanced II	Advanced II
11:15 AM	Rehab/ Osteoporosis w/Reformer						
11:30 AM				Rehab/ Osteoporosis w/Reformer	*Foundations I & II All 8-Weeks Program	Intermediate I & II	
6:30 PM	Foundations I & II 8-Week Program	Advanced I & II	Foundations I & II 8-Week Program				
7:00 PM				Intermediate I & II			
7:30 PM	Intermediate I & II		Intermediate I & II				

- All Foundations Group Classes is an 8 week program
- 24 hour Cancellation Policy for Group and Private Sessions
- All Private Sessions by Appointment Only
- Website: riccapilates.net
- 305.466.6611