

RENEE RICCA LIVESTREAM SCHEDULE

March 2022

TIME	MONDAY	WEDNESDAY	THURSDAY
8:30AM			
10:00AM			
10:30AM		Gyrokinesis® Level 1 & 2	
11:15AM	In-House/Zoom Rehab/ Osteoporosis/Osteopeni a		
11:30AM			In-House/ZoomRehab/ Osteoporosis/Osteopeni a
6:00PM			

All Clients who have a Reformer Apparatus/Chair can join into Apparatus classes online

Privates are offered online

Please contact the front desk for further information.