

Renee Ricca Virtual Schedule

2022

All Virtual Classes & Privates take place on Zoom

Virtual Classes have different Pricing than In-house

TIME	MONDAY	WEDNESDAY	THURSDAY
10:30AM		Gyrokinesis® Level 1 & 2	
11:15AM	Rehabilitation Osteoporosis/Osteopenia		
11:30AM			Rehabilitation Osteoporosis/Osteopenia