

# Live Online Classes & Bookings Schedule

June, July & August 2021

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30-8:55 AM	FASCIA STRETCH & FLOW		FASCIA STRETCH & FLOW		<p>Available for Bookings:</p> <p>40-MINUTE PRIVATE ONLINE CLASS 55-MINUTE IN-PERSON CLASS PERSONAL TRAINING</p> <p>HEALING SESSION INTERCESSION</p> <p>SKIN SERVICE HAIR SERVICE</p>		
9:00-9:30 AM	CARDIOMIX		CARDIOMIX				
9:35-10:00 AM	FASCIA FIX R3		FASCIA FIX R3				
10:05-10:30 AM	MIND-BODY-SOUL FLOW		MIND-BODY-SOUL FLOW				
2:00-4:00 PM	<p>Available for Bookings:</p> <p>40-MINUTE PRIVATE ONLINE CLASS • 55-MINUTE IN-PERSON CLASS • PERSONAL TRAINING HEALING SESSION • INTERCESSION • SKIN SERVICE • HAIR SERVICE</p>						
8:30-9:00 PM	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING			

online classes/sessions are accessed via the Zoom app  
 classes will begin on time so please arrive at least 1 minute early (CST)  
 in-person classes/sessions are at a later-determined address



Fascia Fix Club  
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