ANAHEIM ADDITIONAL SERVICES & CLASS SCHEDULE







MONDAYS:

8:00-12:00- MASSAGE/STRETCHING

11:30-12:00- BACK/LEGS

2:00-5:00- MASSAGE/STRETCHING

WEDNESDAYS:

8:00-12:00- MASSAGE/STRETCHING

11:30-12:00- BALANCE/STRENGTH

2:00-5:00- MASSAGE/STRETCHING

5:00-5:30- LE SPORTS REHAB

THURSDAYS:

11:30-12:00- CORE POSTURE

FRIDAYS:

8:00-11:00- MASSAGE/STRETCHING

Please note that appointments are necessary for all classes, massage or stretching sessions that you would like to attend. We have classes that fill up quickly, so please schedule with our administrative specialists to reserve your place.