

CENTER FOR MOVEMENT CHALLENGES™

>>> Conquering Movement Challenges <<<



6667 Vernon Woods Dr
Suite A-16
Sandy Springs GA 30328
404-548-5521

VIRTUAL CLASS SCHEDULE					
DAY	TIME	TRAINER	CLASS	ZOOM #	PASSCODE
Sat	9 am - 10 am	Valeria	Speech Exercises	87539893602	boxing
Mon	11 am - 12 pm	Geoff/Troy	L1/2 Boxing	83099478007	boxing
Wed	11 am - 12 pm	Willy	L1/2 Boxing	83099478007	boxing

ON-SITE CLASS SCHEDULE						
	MON	TUE	WED	THU	FRI	SAT
8:00						L1/2 Boxing Willy 8:00-9:00
8:15						
8:30						
8:45						
9:00	L1/2 Boxing Geoff	L1/2 Boxing Geoff	L1/2 Boxing Geoff	L1/2 Boxing Geoff	L1/2 Boxing Troy	
9:15	8:45-9:45	8:45-9:45	8:45-9:45	8:45-9:45	8:45-9:45	L1/2 Boxing Willy/Kitty/ Maggie 9:15-10:15
9:30						
9:45						
10:00						
10:15	L1/2 Boxing Geoff/Troy	L1/2 Boxing Technique/Fencing ⁶ Geoff	L1/2 Boxing Geoff/Troy	L1/2 Boxing Technique Geoff	L1/2 Boxing Troy	
10:30	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	L3/4 Boxing Willy/Kitty/ Maggie 10:30-11:30
10:45						
11:00		Support Group ²			Bag Ladies ⁵	
11:15		Briana/Lynn 11:00-12:15				
11:30	L1/2 Optimizing Amy	Optimizing ¹ Charley	L1/2 Optimizing Brittney	YOGA Haley	L1/2 Optimizing Brittney/Tina	10:30 DANCE CANCELLED
11:45	11:15-12:15	11:15-12:15	11:15-12:15	11:15-12:15	11:15-12:15	
NOON						
12:15	Pickleball-Note 7					
12:30						
12:45	L3/4 Boxing Geoff/Troy		L3/4 Boxing ³ Geoff/Troy		Bag Ladies ⁵ BYO Lunch	12:15-1:30
1:00	12:30-1:30		L3/4 Optimizing ⁴ Brittney/Kitty			
1:15			12:30-1:30			
1:30						
6:00						
6:15	L1/2 Boxing Willy		L1/2 Boxing Willy			
6:30	6:00-7:00		6:00-7:00			
6:45						
7:00						

- Notes:
1. L2/3 Optimizing is all except 1st Tuesday of the month
 2. Support Group is 1st Tuesday of the month
 3. L3/4 is Boxing 2nd, 4th Wednesday of the month
 4. L3/4 Optimizing is 1st, 3rd Wednesday of the month
 5. Bag Ladies BYO Lunch is 2nd Friday of the month
 6. Fencing is 2nd Tuesday of the month
 7. MONDAYS 1 - 3 pm: PICKLEBALL @ Sandy Springs Tennis Center- Register w/Janet by Friday 404-275-1481

TRAINER ASSIGNMENTS SUBJECT TO CHANGE