

CENTER FOR MOVEMENT CHALLENGES
CENTER FOR MOVEMENT CHALLENGES ON-SITE CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
8:00						Willy L1/2 Boxing 8:00 am - 9:00 am
8:15						
8:30						
8:45	Geoff	Geoff	Geoff	Geoff	Maggie	
9:00	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	
9:15	8:45 am -	8:45 am -	8:45 am -	8:45 am -	8:45 am -	Willy/Kitty L1/2 Boxing 9:15 am - 10:15 am
9:30	9:45 am	9:45 am	9:45 am	9:45 am	9:45 am	
9:45						
10:00	Geoff	Geoff/Willy	Geoff	Geoff/Willy	Maggie	
10:15	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	L1/2 Boxing	
10:30	10:00 am -	10:00 am -	10:00 am -	10:00 am -	10:00 am -	Maggie / Meredith Dance 10:30 am - 11:30 am
10:45	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	
11:00						
11:15	Amy	See Note 1	Brittney	Amy		
11:30	L1/2 Optimizing	Geoff	L1/2 Optimizing	L1/2 Yoga		
11:45	11:15 am -	Veterans ²	11:15 am -	11:15 am -		Willy/Kitty/ Maggie L3/4 Boxing 11:45 am - 12:45 pm
NOON	12:15 pm	11:30 am -	12:15 pm	12:15 pm		
12:15		12:30 pm				
12:30	Geoff		Geoff	Geoff		
12:45	L3/4 Boxing		L3/4 Boxing ³ Brittney/Kitty L3/4 Optimizing ⁴	Veterans		
1:00	12:30 pm -		12:30 pm -	12:30 pm -	Troy L1/2 Boxing 1:00 pm - 2:00 pm	
1:15	1:30 pm		1:30 pm	1:30 pm		
1:30						
1:45						
2:00			Troy			
2:15			L1/2 Boxing			
2:30			2:00 pm -			
2:45			3:00 pm			
3:00						

6:00	Willy		Willy	Geoff		
6:15	L1/2 Boxing		L1/2 Boxing	Veterans		
6:30	6:00 pm -		6:00 pm -	6:00 pm -		
6:45	7:00 pm		7:00 pm	7:00 pm		

- Notes:
1. 1st Tuesday of the month is Support Group with Lynn/Briana 11:15 am - 12:15 pm
 2. 2nd, 3rd, 4th Tuesday of the month is Veterans class with Geoff 11:30am-12:30pm
 3. L3/4 Boxing 2nd, 4th Wednesday of the month
 4. L3/4 Optimizing 1st, 3rd Wednesday of the month

TRAINER ASSIGNMENTS SUBJECT TO CHANGE

CENTER FOR MOVEMENT CHALLENGES VIRTUAL CLASS SCHEDULE

DAY	TIME	TRAINER	CLASS	ZOOM #	PASSCODE
Sat	9 am - 10 am	Valeria	Speech Therapy	87539893602	Boxing
Mon	10 am - 11 am	Tom	L1/2 Boxing	83099478007	Boxing
Wed	11 am - 11 am	Willy	L1/2 Boxing	83099478007	Boxing