

# CENTER FOR MOVEMENT CHALLENGES™

>>> Conquering Movement Challenges <<<



6667 Vernon Woods Dr  
Suite A-16  
Sandy Springs GA 30328  
404-747-3032

## VIRTUAL CLASS SCHEDULE

DAY	TIME	TRAINER	CLASS	ZOOM #	PASSCODE
Sat	9 am - 10 am	Valeria	Speech Exercises	87539893602	Boxing
Mon	10 am - 11 am	Geoff/Troy	L1/2 Boxing	83099478007	Boxing
Wed	10 am - 11 am	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						
9:30	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
9:45						
10:00						9:15-10:15
10:15	L1/2 Boxing Geoff/Troy	L1/2 Boxing Technique Geoff	L1/2 Boxing Geoff/Troy	L1/2 Boxing Technique Geoff	L1/2 Boxing Troy	
10:30						
10:45	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	Dance Meredith/Maggie
11:00						10:30-11:30
11:15						
11:30	L1/2 Optimizing Amy	Optimizing <sup>1</sup> Brittney	L1/2 Optimizing Brittney	L1/2 Yoga Amy	Bag Ladies <sup>5</sup> BYO Lunch	
11:45		Support Group <sup>2</sup> Briana/Lynn				
NOON	11:15-12:15	11:15-12:15	11:15-12:15	11:15-12:15	11:00-12:30	
12:15						L3/4 Boxing Willy/Kitty/Maggie
12:30	Pickleball-Note 6					11:45-12:45
12:45			L3/4 Boxing Geoff/Troy			
1:00	L3/4 Boxing Geoff/Troy		L3/4 Optimizing <sup>4</sup> Brittney/Kitty			
1:15	12:30-1:30		12:30-1:30			
1:30						
6:00						
6:15	L1/2 Boxing Willy		L1/2 Boxing Willy			
6:30						
6:45	6:00-7:00		6:00-7:00			
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. MONDAYS 1 - 3 pm: PICKLEBALL @ Sandy Springs Tennis Center- Register w/Janet by Friday 404-275-1481

TRAINER ASSIGNMENTS SUBJECT TO CHANGE