CENTER FOR MOVEMENT CHALLENGES
6667 Vernon woods Dr. Ste A-16
Sandy Springs GA 30328
404-548-5521

Effective 01/08/2025

ON-SITE CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT
					8:00-9:00 AM L 1/2 Boxing
8:45-9:45 AM L 1/2 Boxing	8:45-9:45 AM L 1/2 Boxing	8:45-9:45 AM L 1/2 Boxing	8:45-9:45 AM L 1/2 Boxing	8:45-9:45 AM L 1/2 Boxing	
					9:15-10:15 AM L 1/2 Boxing
9:55-10:55 AM L 1/2 Boxing	See exception below 9:55-10:55 AM L 1/2 Boxing	9:55-10:55 AM L 1/2 Boxing	9:55-10:55 AM L 1/2 Boxing	9:55-10:55 AM L 1/2 Boxing	
	9:55-10:55 AM 2nd Tue of Month Fencing				10:30-11:30 AM L 3/4 Boxing
					See exception below 10:30-11:30 AM Care Partner Class
11:00AM-12:00PM L 1/2 Optimizing	See exception below 11:00AM-12:00PM L 2/3 Optimizing	11:00AM-12:00PM L 1/2 Optimizing	11:00AM-12:00PM Yoga	11:00AM-12:00PM L 1/2 Optimizing	1st Sat /month 10:30-11:30 AM Care Partner Supt Grp
	1st Tue /month 11:00 AM-12:00 PM Support Group				
12:15-1:15 PM L 3/4 Boxing		1st, 3rd Wed /month 12:15-1:15 PM L 3/4 Optimizing			
		2nd, 4th Wed /month 12:15-1:15 PM L 3/4 Boxing			
1:00-3:00 PM Pickleball See Note below		12:15-1:15 PM Care Partner Class			
GROUP PICKLEBALL @ Sandy Springs Tennis Center - Register w/Janet by Friday 404-275-1481					
6:00-7:00 PM L 1/2 Boxing		6:00-7:00 PM L 1/2 Boxing			

VIRTUAL CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT
11:00 AM-12:00 PM L 1/2 Boxing		11:00 AM-12:00 PM L 1/2 Boxing			9:00-10:00 AM Speech Exercises
ZOOM # 83099478007 PASSCODE boxing		ZOOM # 83099478007 PASSCODE boxing			ZOOM # 87539893602 PASSCODE boxing