

LDBF BOXING FOR PARKINSON'S CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
Level 1/2 On-site Bryan Geoff Maggie	9:00 -10:00 10:30 -11:30	9:00 -10:00 10:30 -11:30 5:30-6:30 pm	9:00 -10:00 10:30 -11:30	9:00 -10:00 10:30 -11:30	10:30-11:30	8:00-9:00 9:30-10:30 12:30-1:30
Level 3/4 On-site Bryan Kitty	12:00-1:00		12:00-1:00			11:00-12:00
Level 1/2 Virtual Geoff Paul	10:30-11:30	10:30-11:30	10:30-11:30	10:30-11:30	10:30-11:30	11:00-12:00
Level 3/4 Virtual Geoff Paul	12:00-1:00		12:00-1:00		12:00-1:00	
Optimizing On-site/ Virtual Mark	11:00-12:00		11:00-12:00			
Yoga On-site/ Virtual Mark					9:00-10:15	
Ladies Group Maggie						11:00-12:00
Speech Valeria						9:30- 10:30

11.26.20

**FOR MORE INFORMATION
CONTACT DENISE FORMISANO 404-747-3032**