

## LDBF EXERCISE & WELLNESS PARKINSON'S CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
<b>LEVEL 1/2 BOXING ON-SITE</b>	<b>Geoff:</b> 9:00-10:00  <b>Alex, Paul:</b> 10:30-11:30  <b>Paul: YOPD</b> 5:30-6:30 pm	<b>Geoff:</b> 9:00 -10:00  <b>Geoff, Maggie:</b> 10:30 -11:30  <b>Maggie:</b> 5:30-6:30 pm	<b>Geoff:</b> 9:00 -10:00  <b>Alex, Paul:</b> 10:30 -11:30  <b>Paul: YOPD</b> 5:30-6:30 pm	<b>Geoff:</b> 9:00 -10:00  <b>Geoff, Maggie:</b> 10:30 -11:30	   <b>Alex, Paul:</b> 10:30-11:30	<b>Alex, Paul:</b> 8:00-9:00  <b>Alex, Paul:</b> 9:30-10:30
<b>LEVEL 3/4 BOXING ON-SITE</b>	<b>Alex, Paul Kitty:</b>  12:00-1:00		<b>Alex, Paul Kitty:</b>  12:00-1:00			<b>Alex, Paul Kitty:</b>  11:00-12:00
<b>LEVEL 1/2 BOXING VIRTUAL</b>	<b>Geoff, Paul:</b>  10:30-11:30	<b>Alex, Kitty:</b>  10:30-11:30	<b>Geoff, Paul:</b>  10:30-11:30	<b>Alex, Maggie</b>  10:30-11:30	<b>Geoff,Paul:</b>  10:30-11:30	<b>Troy:</b>  11:00-12:00
<b>LEVEL 3/4 BOXING VIRTUAL</b>	<b>Geoff, Paul:</b>  12:00-1:00		<b>Geoff, Paul:</b>  12:00-1:00		<b>Geoff,Paul:</b>  12:00-1:00	
<b>OPTIMIZING ON-SITE AND VIRTUAL</b>	<b>Mark:</b>  11:00-12:15		<b>Mark:</b>  11:00-12:15			
<b>YOGA ON-SITE AND VIRTUAL</b>					<b>Mark:</b>  9:00-10:15	
<b>LADIES GROUP</b>						<b>Maggie:</b>  11:00-12:00
<b>SPEECH THERAPY</b>						<b>Valeria:</b>  9:00-10:00

4.27.21

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