

In This Corner Inc

SUMMER SCHEDULE

MAY 1, 2024 - OCTOBER 31ST, 2024



Fighting Back Against Parkinson's

MONDAY ~ WEDNESDAY ~ FRIDAY

201 S RIDGEWOOD AVE SUITE 13 EDGEWATER FL 32132

TUESDAY ~ THURSDAY

52 W GRANADA BLVD ORMOND BEACH FL 32174
(The Body Exchange Boxing Gym)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EDGEWATER ↓	↓ ORMOND BEACH ↓	EDGEWATER	↓ ORMOND BEACH ↓	EDGEWATER ↓
8:45 – 10:15 AM QUICK WITH MODIFICATIONS "SOUTHPAW"	9:00 - 10:30 AM ALL LEVELS "THE KRAKEN"	8:45 – 10:15 AM QUICK WITH MODIFICATIONS "CHA CHA"	9:00 - 10:30 AM ALL LEVELS "THE KRAKEN"	8:45 – 10:15 AM QUICK WITH MODIFICATIONS "CHA CHA"
11:15 AM - 12:15 PM SEATED SLUGGERS "SOUTHPAW"		11:15 AM - 12:15 PM SEATED SLUGGERS "CHA CHA"		11:15 AM - 12:15 PM SEATED SLUGGERS "CHA CHA"

NOTE: classes begin ON TIME --- don't be late!