

THE

MOVEMENT  
FACTORY13000 ATHENS AVENUE #203 &  
13001 ATHENS AVENUE #205  
LAKEWOOD, OH 44107  
UPSTAIRS IN THE LAKE ERIE BUILDING

MAIN STUDIO 13000 ATHENS #203

fall schedule 2016

starts 09.01.16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8AM BOOTYBARRE*	
	9:15AM ALL LEVELS YOGA		9:15AM ALL LEVELS YOGA		9AM PILATES MAT/BALL EXPRESS*	
					10AM ALL LEVELS YOGA	10AM PILATES MAT EXPRESS*
		11AM BOOTYBARRE*				11AM PILOXING OR LADIES BOOTY CAMP
12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA	1PM CAPOEIRA	12PM ZUMBA®
6PM ALL LEVELS YOGA		5:15PM PILATES MAT/BALL EXPRESS*		5PM BOOTYBARRE*		
7PM BOOTYBARRE*	6PM PILATES MAT*	6PM BARRE CONDITIONING*	6PM PIYO*	6:30PM FIRST FRIDAY RELAXATION YOGA		
8PM INTERMEDIATE/ADVANCED BALLET	7PM BOOTYBARRE ADVANCED LEVEL*	7PM ZUMBA®	7PM SHAKTI FLOW*			
	8PM RELAXATION YOGA AND MEDITATION	8PM ALL LEVELS HIP HOP	8PM PILATES MAT/BALL EXPRESS*			

\* = RSVP Required

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**PILATES STUDIO 13001 ATHENS #205**

**fall schedule 2016**

**starts 09.01.16**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9AM REFORMER*	
					10AM SPRINGBOARD*	
						11AM SPRINGBOARD*
		12PM SPRINGBOARD*				
5:30PM SPRINGBOARD*			5:30PM SPRINGBOARD*			
6:30PM REFORMER*	6PM REFORMER*	6:15PM SPRINGBOARD*	6:30 REFORMER*			
7:30PM REFORMER*	7PM SPRINGBOARD*	7:15PM REFORMER*				

MOVEMENT  
FACTORY