

THE DOWN #203 SPRING SCHEDULE APRIL 1- MAY 31

Class Descriptions & Info: www.themovementfactory.com

MOVEMENT
FACTORY

13000 ATHENS AVENUE SUITE 203
LAKEWOOD OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING

ALL classes are DROP-IN unless listed as **RSVP**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8-9am Barre Sculpt or Booty Barre® RSVP Laura/Alyssa	
					9-9:50am Ladies Booty Camp Alyssa	
	9-9:55am Barre Sculpt RSVP Laura				10-10:55am Vinyasa Yoga Jennifer	10-11am LaBlast Marc
					11am-12pm ZUMBA® Bill	11am-12pm Barre Sculpt or Booty Barre® RSVP Laura/Alyssa
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer			12-1pm Modern Dance Jennifer S.	12-1pm ZUMBA® Laura/Gail
	4:30 - 5:15pm ZUMBA® Charlotte		4:30-5:30pm Barre Sculpt RSVP Laura			1:30-2:15pm Meditation *1st Sundays only April 6th May 4th RSVP Laura
	5:15-6pm BOKWA® RSVP Marsha	5-5:55pm Ballet <i>All levels</i> Ann	5:45-6:30pm Boot Camp Laura	5-6pm Booty Barre® RSVP Jessica		
5:30 - 6:20pm ZUMBA® Bill	6-6:50pm Ladies Booty Camp Andy	6-7pm Booty Barre® RSVP Jessica	6:30 - 7:20pm ZUMBA® Laura	6-6:50pm La Blast Marc	SATURDAY WORKSHOPS: 4/12 1:30pm YOGA BASICS 4/26 3pm YOU...OFF A DIET	
6:30 - 7:30pm Ballet <i>Beg./Int.</i> Elaine	7-7:55pm Barre Sculpt RSVP Laura	7-8pm ZUMBA® Bill	7:30 - 8:45pm Jazz - Fusion <i>All levels</i> London	7-8:30pm Fun with Ballroom *3rd Fridays only - April 18th May 16th <i>All Levels</i> Marc		*AM & PM <i>Personal training</i> <i>times available</i> <i>7 days/week</i> <i>by appointment!</i>
7:30 - 8:45pm Ballet <i>Int./Adv.</i> Elaine	8-9pm Basic Yoga Laura	8-9pm Hip Hop <i>Beginning</i> London		FRIDAY WORKSHOP: BELLY DANCE 4/6 6:30pm		*Instructors <i>Subject to</i> <i>Change</i>
		9-10pm Hip Hop <i>Int/Adv</i> London				

THE UP # 300D SPRING SCHEDULE APRIL 1- MAY 31

Class Descriptions & Info: www.themovementfactory.com

MOVEMENT
FACTORY

PILATES in suite 300D (look for the green door!)
All classes require **RSVP**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6-6:55am Springboard Shari		
				7-7:55am Mat Shari		
	9-9:55am Reformer Lindsay		9-9:55am Reformer Lindsay			
	10-10:55am Springboard Alyssa		10-10:55am Springboard Alyssa		10am-10:55am Springboard Shari	
					11am-11:55am Tower Alyssa or Shari	
					12- 12:55pm Springboard Alyssa or Shari	12-12:55pm Reformer Alyssa
						1-1:55pm Springboard Alyssa
5:30 -6:20pm Mat Shari	5-5:55pm Mat Alyssa		5:30 - 6:25pm Pilates Springboard Shari		PILATES DAY - FREE CLASSES 5/3 11am-3pm	*AM & PM Pilates Privates & Duets available 7 days/week by appointment!
6:30 - 7:25pm Springboard Shari	6-6:55pm Tower Alyssa	5:45-6:40pm Equipment Combo Shari	6:30-7:25pm Mat Shari			
	7-7:55pm Springboard Alyssa	7:15-8:10pm Reformer Lindsay				
	8-8:55pm Equipment Combo Alyssa	8:15-9:10pm Reformer Lindsay				*Instructors <i>Subject to</i> <i>Change</i>