

DOWN #203 SCHEDULE SUMMER 2015

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 Booty Barre® *RSVP* Alyssa/Jessica	
	9am Booty Barre® RSVP Jessica *starts June 16		9am Barre Circuit RSVP Charlotte		9-9:55am Pilates Mat/Ball *RSVP* Alyssa	
			10am ZUMBA® Charlotte		10-11am Vinyasa Yoga Jennifer	
		10:30-11:30am Shakti-Flow *RSVP* Kaitlan			11:05am-12pm ZUMBA® TBA	11am-12pm Barre Conditioning *RSVP* Danielle
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer	12-1:30pm Summer Dance Workshop All Levels Various Instructors	12-1pm ZUMBA® TBA
					1:30-2:30pm Capoeira Monitor Dentista	2:30-4:30pm Swing Dance Workshops *RSVP* Valerie *check website for dates*
5:30 - 6:30pm ZUMBA® Toning Marsha		5:15-6pm BUTi® Yoga *RSVP* Shannon	5:30-6:30pm Ladies Booty Camp Shannon	5-6pm Booty Barre® Alyssa		
6:30 - 7:30pm Co-Ed Yoga Stretch Alyssa	6-6:55pm Ladies Booty Camp Andy	6-7pm Booty Barre® *RSVP* Alyssa	6:30-7:30pm BUTi® Yoga *RSVP* Shannon	6-6:50pm ZUMBA® Alyssa		
	7-7:55pm Barre Conditioning *RSVP* Danielle	7-8pm ZUMBA® Jenny		7-8pm Capoeira Monitor Dentista		
7:30-9pm Summer Dance Workshop All Levels Various Instructors	8-9pm Shakti Flow Yoga *RSVP* Kaitlan	8-9pm Hip Hop All Levels London	7:30 - 8:30pm Modern Dance All Levels Megan		*AM & PM Personal training times available 7 days/week by appointment	*Instructors Subject to Change

UP # 303C SCHEDULE SUMMER 2015

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MOVEMENT
FACTORY

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

All Pilates classes require *RSVP*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6-6:55am Springboard Shari		
		7:30am Reformer Shari/Lindsay	9-9:55am Reformer Lindsay	7am Mat Shari	9am Reformer Shari ----- 9am Springboard Katie	
	10-10:55am Springboard Alyssa		10-10:55am Springboard Alyssa		10-10:55am Springboard Shari ----- 10am Reformer Katie	
						11-11:55am Springboard Alyssa
						12-12:55pm Half Trapeze Alyssa
						1-1:55pm Reformer Alyssa
4:30-5:25pm Reformer Kimberly	5-5:55pm Mat Alyssa			5:15-6:10pm Reformer Shari		*AM & PM Pilates Privates & Duets available 7 days/week by appointment
5:30 - 6:25pm Mat Kimberly	6-6:55pm Half Trapeze Alyssa		5:30 - 6:25pm Springboard Alyssa	6:15-7:10pm Springboard Shari		
6:30 - 7:25pm Springboard Kimberly	7-7:55pm Springboard Alyssa	6:15-7:10pm Springboard Shari	6:30-7:25pm Reformer Alyssa			*Instructors Subject to Change
7:30pm Reformer Kimberly/ Lindsay		7:15-8:10pm Reformer Shari	7:30-8:25pm Mat/Ball Alyssa/Shari			