

THE

**MOVEMENT  
FACTORY**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am Pilates Private or Duet RSVP (55 minutes)	4:15pm ZUMBA® Alyssa (45 minutes)	9am-4pm Pilates Private or Duet RSVP (55 minutes)	10am Pilates Springboards RSVP (50 minutes)	8am Pilates Springboard RSVP (50 minutes)	8am Wedding Fit Camp (50 minutes) <i>NEW CLASS!</i>	12pm ZUMBA® Marsha (60 minutes)
10am Cardio Box (50 minutes)	5pm Pilates Core Mat & Props (50 minutes)	5pm Beginning Ballet (50 minutes)	11am Pilates Private or Duet RSVP (55 minutes)	9:15am ZUMBA® + ZUMBA® Toning Marsha (45 minutes)	9am Ladies Booty Camp (50 minutes)	1pm Pilates Springboard RSVP (50 minutes)
11am Co-Ed Yoga Stretch (50 minutes)	6pm Ladies Booty Camp (50 minutes)	6pm ZUMBA® Alyssa or Marsha (45 minutes)	4pm Pilates Private or Duet RSVP (55 minutes)	10am Modern Dance All levels (60 minutes)	10am Co-Ed Yoga Stretch (50 minutes)	2pm Pilates Private or Duet RSVP (55 minutes)
12pm Pilates Private or Duet RSVP (55 minutes)	7pm Pilates Springboard RSVP (50 minutes)	6:45pm Pilates Core Mat & Props (45 minutes)	5pm Pilates Private or Duet RSVP (55 minutes)	4pm Co-Ed Yoga Stretch (50 minutes)	11am ZUMBA® Alyssa (50 minutes)	
4:30pm PiYo™ Strength (45 minutes) Adam <i>NEW CLASS &amp; INSTRUCTOR!</i>	8pm Co-Ed Yoga Stretch (1 hour) <i>NEW TIME!</i>	7:30pm Intermediate Hip Hop Dance (1 hour) <i>NEW TIME!</i>	5:30pm ZUMBA® Alyssa or Marsha (50 minutes)	5pm Beginning Hip Hop Dance (50 minutes)	12pm Jazz All Levels (1 hour)	
5:30pm ZUMBA® Alyssa (50 minutes)			6:30pm Pilates Core Mat & Props (50 minutes)	6pm ZUMBA® Alyssa (45 minutes)	1pm Pilates Springboard RSVP (50 minutes)	
6:30pm Pilates Springboard RSVP (50 minutes)			7:30pm Intermediate/Advanced Lyrical/ Contemporary Jazz (1 hour 15 min)	6:45pm Pilates Core Mat & Props (45 minutes)	2pm Pilates Private or Duet RSVP (55 minutes)	
7:30pm Intermediate Ballet (1 hour 15 min)						
						<i>*Additional Pilates Privates/Duets times available daily by request</i>

[www.themovementfactory.com](http://www.themovementfactory.com)  
216.712.4622

Schedule updated 05.01.13  
[info@themovementfactory.com](mailto:info@themovementfactory.com)