

THE

MOVEMENT
FACTORY13000 ATHENS AVENUE #203 &
13001 ATHENS AVENUE #205
LAKEWOOD, OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING**MAIN STUDIO 13000 ATHENS #203**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8AM BARRE*	
	9:30AM ALL LEVELS YOGA				9AM PILATES MAT/BALL EXPRESS*	
					10AM ALL LEVELS YOGA	10AM PILATES MAT EXPRESS*
					11:45AM BEGINNER'S YOGA	11AM BARRE*
12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA		12PM ZUMBA®
4:30PM PILATES MAT EXPRESS*					1PM CAPOEIRA	2:30PM SWING DANCE WORKSHOPS* (VARIOUS DATES)
5:30PM BOOTYBARRE*	5PM PILATES MAT EXPRESS*	5:15-6PM PILATES MAT/BALL EXPRESS*	5:30PM BOOTYBARRE*	5PM BARRE* (POP UP)		
6:30PM ALL LEVELS YOGA		6PM BOOTY BARRE®* ADVANCED*				
7:30PM INT/ADV BALLET	7PM BARRE*	7PM ZUMBA®	7PM SHAKTI FLOW*			
	8PM CONTEMPORARY DANCE	8PM ALL LEVELS HIP HOP	8PM PILATES MAT/BALL EXPRESS*			

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PILATES STUDIO 13001 ATHENS #205

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

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