

THE

DOWN #203 FALL SCHEDULE SEPT 2-SEPT 30

Class Descriptions & Info: www.themovementfactory.comMOVEMENT
FACTORY13000 ATHENS AVENUE SUITE 203
LAKEWOOD OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDINGALL classes are DROP-IN unless listed as *RSVP*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8-9am Booty Barre® <i>RSVP</i> Alyssa	
	9:15-10:15am Booty Barre® <i>RSVP</i> Alyssa			9:15-10:15am BUTI® Yoga <i>RSVP</i> Laura	9-9:50am Ladies Booty Camp Alyssa	
					10-10:55am Vinyasa Yoga Jennifer	10-11am LaBlast Marc
					11am-11:55am ZUMBA® Bill	11am-12pm Booty Barre® or Barre Conditioning <i>RSVP</i> Jessica/Danielle
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer	12-1:15pm Contemporary Fusion Jenny	12-1pm ZUMBA® Alyssa/TBA
		4:15-5pm Boot Camp Xpress <i>RSVP</i> Laura	4:30-5:20pm Booty Barre® or Barre Sculpt <i>RSVP</i> Alyssa/Laura		1:15-2:30pm Jazz Fusion Anne/Alyssa/ Michelle/Megan	
		5-6pm BUTI® Yoga <i>RSVP</i> Laura		5-6pm Barre Sculpt <i>RSVP</i> Laura		
5:30 - 6:30pm ZUMBA® Bill	5:15-6pm ZUMBA® Charlotte		5:30pm-6:30pm ZUMBA® Gail	6-6:50pm La Blast Marc		
6:30 - 7:30pm BOKWA® Marsha	6-6:50pm Ladies Booty Camp Andy	6-7pm Booty Barre® <i>RSVP</i> Jessica	6:30 - 7:30pm BUTI® Yoga <i>RSVP</i> Laura			*AM & PM Personal training times available 7 days/week by appointment
	7-7:55pm Barre Conditioning <i>RSVP</i> Danielle	7-8pm ZUMBA® Bill		7-8:30pm Fun with Ballroom* All Levels *3rd Friday only 9/19 Marc		
7:30-9pm Ballet Int/Adv Elaine			7:30 - 8:45pm Ballet All Levels Ann			*Instructors Subject to Change
	8-9pm BUTI® Yoga <i>RSVP</i> Laura	8-9pm Hip Hop All Levels London				

THE

UP # 303C FALL SCHEDULE SEPT 2-SEPT 30

Class Descriptions & Info: www.themovementfactory.comMOVEMENT
FACTORY13000 ATHENS AVENUE SUITE 203
LAKEWOOD OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDINGAll Pilates classes require *RSVP*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6-6:55am Springboards Shari		
				7-7:55am Mat Shari		
8-8:55am Mat Barbara		8-8:55am Reformer Barbara			8-8:55 am Mat Katie/Shari	
	9-9:55am Equipment Combo Katie		9-9:55am Equipment Combo Alyssa		9am Springboard Katie/Shari ---- 9am Reformer TBA	
	10-10:55am Springboard Katie		10-10:55am Springboard Alyssa		10-10:55am Reformer Katie/TBA -- 10-10:55am Springboard Shari	10-10:55am Springboard Alyssa
					11am-11:55am Tower Katie/Barbara	11-11:45am Springboard Alyssa
		12:15-1:10pm Reformer Lindsay			12- 12:55pm Springboard Katie/Barbara	12-12:55pm Reformer Lindsay
						1-1:55pm Reformer Lindsay
	4-4:55pm Reformer Shari					*AM & PM Pilates Privates & Duets available 7 days/week by appointment
4:30-5:25pm Reformer Katie	5-5:55pm Mat Alyssa	5:15-6:10pm Equipment Combo Katie				
5:30 - 6:25pm Mat Katie	6-6:55pm Tower Alyssa	6:15-7:10pm Reformer 2 Katie ----- 6:15-7:10pm Springboard Shari	5:30 - 6:25pm Springboard Shari			
6:30 - 7:25pm Springboard Shari	7-7:55pm Springboard Alyssa	7:15-8:10pm Reformer Katie	6:30-7:25pm Mat Shari	6-6:55pm Reformer Barbara		*Instructors Subject to Change
	8-8:55pm Reformer Lindsay			7-7:55pm Mat - Ball Class Barbara		