

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
	9-10am Barre Conditioning <i>RSVP</i> Danielle			9-10am Booty Barre® <i>RSVP</i> Jessica	9-10am Barre Conditioning <i>RSVP</i> Danielle	9-9:45am Meditation *1st Sundays only <i>RSVP</i> Laura 8/3
					10-10:55am Vinyasa Yoga Jennifer	10-11am LaBlast Marc
			11:30-12:20pm ZUMBA® Gail		11am-12pm ZUMBA® Bill	11am-12pm Barre Sculpt or Booty Barre® <i>RSVP</i> Laura/Jessica
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer	12-1pm Modern Dance Jenny	
					1-2:15pm Hip Hop Int/Adv London	
	5:15-6pm ZUMBA® Charlotte		4:30-5:30pm Barre Sculpt or Barre Conditioning <i>RSVP</i> Laura/Danielle	5-6pm Booty Barre® <i>RSVP</i> Jessica		
5:30 - 6:20pm ZUMBA® Bill			5:45-6:30pm Boot Camp Laura			
6:30 - 8pm Ballet Int/Adv Elaine	6-6:50pm Ladies Booty Camp Andy	6-7pm Booty Barre® <i>RSVP</i> Jessica	6:30 - 7:30pm BUT® Yoga Laura	6-6:50pm La Blast Marc		*AM & PM Personal training times available 7 days/week by appointment
	7-7:55pm Barre Sculpt <i>RSVP</i> Laura	7-8pm ZUMBA® Bill	7:30 - 8:45pm Ballet All Levels Elaine/Ann	7-8:30pm Fun with Ballroom* All Levels *3rd Fridays only Marc 8/15		
8-9pm Booty Barre® Jessica	8-9pm Basic Yoga Laura	8-9pm Hip Hop Beginning London				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6-6:55am Springboards Shari		
				7-7:55am Mat Shari		
		8-8:55am Springboard Shari			8-8:55 am Mat Shari	
	9-9:55am Equipment Combo Kimberly		9-9:55am Reformer Lindsay		9am Reformer Shari	
	10-10:55am Springboard Kimberly		10-10:55am Springboard Kimberly		10-10:55am Springboard Shari	10-10:55am Tower /Barbara
					11am-11:55am Tower Barbara	11-11:55am Springboard Barbara
		12-15-1:10pm Reformer Lindsay			12-12:55pm Springboard Barbara	12-12:55pm Reformer Barbara
						1-1:55pm Springboard Barbara
	5-5:55pm Mat Kimberly			5-5:55pm Springboard Barbara		
5:30 -6:20pm Mat Shari		5:30-6:25pm Equipment Combo Kimberly	5:30 - 6:25pm Springboard Shari			
	6-6:55pm Tower Kimberly	6:30-7:25pm Springboard Kimberly		6-6:55pm Reformer Barbara		*AM & PM Pilates Privates & Du available 7 days/week by appointment
6:30 - 7:25pm Springboard Shari			6:30-7:25pm Mat Shari	7-7:55pm Mat - Ball Class Shari/Barbara		
	7-7:55pm Springboard Kimberly	7:15-8:10pm Reformer Lindsay				
	8-8:55pm Equipment Combo Kimberly	8:15-9:10pm Reformer 2 Lindsay				*Instructors Subject to Change