

THE

MOVEMENT
FACTORY13000 ATHENS AVENUE SUITE 203 & 303C
LAKEWOOD, OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING

DOWN STUDIO #203

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8AM BOOTY BARRE®* ALYSSA/SYDNEY	
	9:30AM ALL LEVELS YOGA JENNIFER				9AM MAT/BALL* ALYSSA	
					10AM ALL LEVELS YOGA JENNIFER	10AM KETTLEBELL AMPD* ANGIE
						11AM BOOTY BARRE® ALYSSA
12PM ALL LEVELS YOGA JENNIFER		12PM ALL LEVELS YOGA JENNIFER		12PM ALL LEVELS YOGA JENNIFER		12PM ZUMBA® JENNY
5:30PM BOOTY BARRE® ALYSSA		5:15-6PM MAT/BALL* ALYSSA		5PM BOOTY BARRE®* ALYSSA (various dates)		
6:30PM ALL LEVELS YOGA JENNIFER	6PM BOOT CAMP ANDY	6PM BOOTY BARRE®* ALYSSA	6:15PM POUND SHANNON			
7:30PM INT/ADV BALLET ELAINE	7PM BOOTY BARRE®* ALYSSA	7PM ZUMBA® JENNY	7PM SHAKTI FLOW* KAITLAN			
	8PM BUTY® YOGA* SHANNON	8PM ALL LEVELS HIP HOP ANTHONY	8PM KETTLEBELL AMPD* ANGIE			

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UP PILATES STUDIO #303C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9AM REFORMER* KATIE	
					10AM SPRINGBOARD* KATIE	
	10AM SPRINGBOARD* LINDSAY		10AM SPRINGBOARD* ALYSSA		11AM REFORMER* ALYSSA	11AM SPRINGBOARD* LINDSAY
4:30PM REFORMER* SHARI						
5:30PM MAT* SHARI	5PM MAT* ALYSSA/LINDSAY		5:30PM SPRINGBOARD* ALYSSA			
6:30PM SPRINGBOARD* SHARI	6PM REFORMER* ALYSSA/LINDSAY	6:15-7:10PM SPRINGBOARD* SHARI	6:30 REFORMER* ALYSSA/SHARI			
	7PM SPRINGBOARD* LINDSAY	7:15PM-8:10PM REFORMER* SHARI	7:30 MAT/BALL* SHARI			

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