

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<br>bootybarre PLUS*<br>ALYSSA   |                                    |
|                                                  | 9:30AM<br>ALL LEVELS<br>YOGA<br>JENNIFER |                                        |                                                                       |                                                                                  | 9AM<br>PILATES MAT/BALL*<br>ALYSSA  |                                    |
|                                                  |                                          |                                        |                                                                       |                                                                                  | 10AM<br>ALL LEVELS YOGA<br>JENNIFER |                                    |
|                                                  |                                          |                                        |                                                                       |                                                                                  |                                     | 11AM<br>bootybarre PLUS*<br>ALYSSA |
| 12PM<br>ALL LEVELS YOGA<br>JENNIFER              |                                          | 12PM<br>ALL LEVELS<br>YOGA<br>JENNIFER |                                                                       | 12PM<br>ALL<br>LEVELS<br>YOGA<br>JENNIFER                                        |                                     | 12PM<br>ZUMBA®<br>JENNY            |
|                                                  |                                          |                                        |                                                                       |                                                                                  |                                     |                                    |
| 5:30PM<br>bootybarre<br>FLEX AND FLOW*<br>ALYSSA |                                          | 5:15-6PM<br>MAT/BALL*<br>ALYSSA        |                                                                       | 5PM<br>bootybarre<br>FLEX AND<br>FLOW*<br>ALYSSA<br>(pop up -<br>check<br>dates) |                                     |                                    |
| 6:30PM<br>ALL LEVELS YOGA<br>JENNIFER            |                                          | 6PM<br>bootybarre<br>PLUS*<br>ALYSSA   | 6PM<br>BARRE<br>CONDITIONING*/<br>bootybarre<br>PLUS*<br>DANIELLE/TBA |                                                                                  |                                     |                                    |
| 7:30PM<br>INT/ADV BALLET<br>ELAINE               | 7PM<br>bootybarre<br>PLUS*<br>ALYSSA     | 7PM<br>ZUMBA®<br>JENNY                 | 7PM<br>SHAKTI FLOW*<br>KAITLAN                                        |                                                                                  |                                     |                                    |
|                                                  |                                          | 8PM<br>ALL LEVELS<br>HIP HOP<br>LONDON |                                                                       |                                                                                  |                                     |                                    |

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## UP PILATES STUDIO #303C

| MONDAY                          | TUESDAY                                       | WEDNESDAY                            | THURSDAY                               | FRIDAY | SATURDAY                      | SUNDAY                      |
|---------------------------------|-----------------------------------------------|--------------------------------------|----------------------------------------|--------|-------------------------------|-----------------------------|
|                                 |                                               |                                      |                                        |        |                               |                             |
|                                 |                                               |                                      |                                        |        | 9AM<br>REFORMER*<br>KATIE     |                             |
|                                 |                                               |                                      | 10AM<br>SPRINGBOARD*<br>TBA            |        | 10AM<br>SPRINGBOARD*<br>KATIE |                             |
|                                 |                                               |                                      |                                        |        |                               | 11AM<br>SPRINGBOARD*<br>TBA |
|                                 |                                               |                                      |                                        |        |                               |                             |
| 4:30PM<br>SPRINGBOARD*<br>SHARI |                                               |                                      |                                        |        |                               |                             |
| 5:30PM<br>MAT*<br>SHARI         | 5PM<br>MAT*<br>ALYSSA                         |                                      | 5:30PM<br>SPRINGBOARD*<br>ALYSSA/SHARI |        |                               |                             |
| 6:30PM<br>SPRINGBOARD*<br>SHARI | 6PM<br>HALF TRAPEZE<br>TABLE*<br>ALYSSA/SHARI | 6:15-7:10PM<br>SPRINGBOARD*<br>SHARI | 6:30<br>REFORMER*<br>SHARI             |        |                               |                             |
|                                 | 7PM<br>SPRINGBOARD*<br>TBA                    | 7:15PM-8:10PM<br>REFORMER*<br>SHARI  | 7:30<br>MAT/BALL*<br>SHARI             |        |                               |                             |

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