

MONDAY

12P YOGA
5:45P PILATES SPRINGBOARD
6P YOGA
6:45P PILATES REFORMER JUMPBOARD
715P INTERMEDIATE/ADVANCED BALLET

TUESDAY

6P PILATES MAT
6P PILATES REFORMER
7P PILATES EQUIPMENT COMBO

WEDNESDAY

9:15A PILATES MAT/BALL
10:15A BOOTYBARRE SCULPT
12P YOGA
5P PILATES EQUIPMENT COMBO
6P YOGA
6P PILATES MAT/BALL
7P PILATES SPRINGBOARD
8P HIP HOP

THURSDAY

10:45A PILATES REFORMER
5:30P PILATES SPRINGBOARD
6:30P PILATES REFORMER
8P CONTEMPORARY FUSION

FRIDAY

8A PILATES SPRINGBOARD
9A PILATES MAT/BALL
12P YOGA
5:30P ZEN BARRE
8:30 HIP HOP

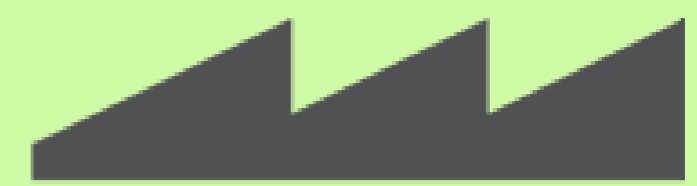
SATURDAY

9A PILATES REFORMER
9A PILATES MAT/BALL
10A PILATES SPRINGBOARD
10A YOGA
11:30A ZUMBA®
12:30P PRE/POSTNATAL

SUNDAY

10A PILATES MAT
10A PILATES REFORMER
11A PILATES REFORMER FOR DANCERS/ADVANCED
11A PILATES SPRINGBOARD

THE



MOVEMENT
FACTORY

2019

themovementfactory.com

PLEASE RSVP FOR ALL CLASSES