

THE

MOVEMENT
FACTORY13000 ATHENS AVENUE #203 &
13001 ATHENS AVENUE #205
LAKEWOOD, OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING

MAIN STUDIO 13000 ATHENS #203

SUMMER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8AM BARRE*VARIOUS	
	9:15AM ALL LEVELS YOGA		9:15AM ALL LEVELS YOGA		9AM PILATES MAT/BALL EXPRESS	
					10AM ALL LEVELS YOGA	10AM PILATES MAT EXPRESS
						11AM PILOXING
12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA		12PM ALL LEVELS YOGA		12PM ZUMBA®
					1PM CAPOEIRA	
		5:15-6PM PILATES MAT/BALL EXPRESS	5PM BARRE*	5PM BARRE -		
6:30PM ALL LEVELS YOGA -	6pm PILATES MAT	6PM BOOTY BARRE®* ADVANCED*	6PM PIYO LIVE	6PM 1ST FRIDAY RELXATION		
7:30PM INT/ADV BALLET	7PM BARRE*VARIOUS	7PM ZUMBA®	7PM SHAKTI FLOW			
	8PM CONTEMPORARY DANCE	8PM ALL LEVELS HIP HOP	8PM PILATES MAT/BALL EXPRESS*			

MOVEMENT
FACTORY

THE

MOVEMENT
FACTORY13000 ATHENS AVENUE #203 &
13001 ATHENS AVENUE #205
LAKEWOOD, OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING**PILATES STUDIO 13001 ATHENS #205****SUMMER SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9AM REFORMER* KATIE	
	10AM SPRINGBOARD - SHARI				10AM SPRINGBOARD*KATIE	
						11AM SPRINGBOARD* SHARI
		12PM SPRINGBOARD - SHARI				
5:30PM SPRINGBOARD - SHARI			5:30PM SPRINGBOARD* ZSAZSA			
6:30PM REFORMER - SHARI 6:30PM SPRINGBOARD ZSAZSA	6PM REFORMER* SHARI	6:15PM SPRINGBOARD* SHARI	6:30 REFORMER* ZSA ZSA			
7:30PM REFORMER - ZSAZSA	7PM SPRINGBOARD* SHARI	7:15PM REFORMER* SHARI				