

LAKEWOOD

APRIL MAY

check website - schedule subject to change

MONDAY

12P YOGA
6P YOGA
715P BALLET

TUESDAY

6P PILATES MAT

WEDNESDAY

9A PILATES MAT/BALL
1015A BOOTYBARRE SCULPT
12P YOGA
6P ZEN BARRE
715P ZUMBA
8P HIP HOP

THURSDAY

8P CONTEMPORARY FUSION

FRIDAY

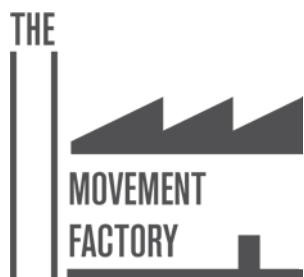
9A PILATES MAT/BALL
12P YOGA
530P ZEN BARRE
8P HIP HOP

SATURDAY

9A PILATES MAT/BALL
10A YOGA

SUNDAY

10A PILATES MAT
11A BARREFIT



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themovementfactory.com

ROCKY RIVER

APRIL MAY

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MONDAY

8A CORE COMBO
10A REFORMER
12P CORE COMBO
4P CORE COMBO
5P REFORMER JUMPBOARD

TUESDAY

1015A CORE COMBO
5P REFORMER
6P SPRINGBOARD
7P CORE COMBO

WEDNESDAY

6A SPRINGBOARD
7A CORE COMBO
815A REFORMER
6P REFORMER
7P SPRINGBOARD

THURSDAY

945A REFORMER
1045A REFORMER
4P CORE COMBO
5P REFORMER JUMPBOARD

FRIDAY

6A REFORMER
7A REFORMER
8A CORE COMBO
815A SPRINGBOARD
10A REFORMER
2P CORE COMBO
3P REFORMER
5P REFORMER

SATURDAY

8A REFORMER JUMPBOARD
9A REFORMER
10A SPRINGBOARD
11A OR 1230P PRE/POSTNATAL

SUNDAY

10A REFORMER
11A REFORMER
11130A SPRINGBOARD
1230P REFORMER