

LAKEWOOD

MARCH 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
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

ROCKY RIVER

MARCH APRIL MAY

check website - schedule subject to change

MONDAY

4P EQUIPMENT COMBO
5P REFORMER JUMPBOARD

TUESDAY

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

WEDNESDAY

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

THURSDAY

945A SPRINGBOARD
1045A REFORMER
4P EQUIPMENT COMBO
5P REFORMER JUMPBOARD

FRIDAY

6A REFORMER
7A EQUIPMENT COMBO
815A SPRINGBOARD
5P REFORMER

SATURDAY

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

SUNDAY

10A REFORMER
11A ADVANCED REFORMER
11130A SPRINGBOARD

THE



13000 athens ave #203

lakewood oh 44107

themovementfactory.com