

THE

MOVEMENT
FACTORY13000 ATHENS AVENUE #203 &
13001 ATHENS AVENUE #205
LAKEWOOD, OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDING**MAIN STUDIO 13000 ATHENS #203**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8AM BARRE*VARIOUS	
	9:15AM ALL LEVELS YOGA JENNIFER		9:15AM ALL LEVELS YOGA JENNIFER		9AM PILATES MAT/BALL EXPRESS* ALYSSA	
10AM ZUMBA® JENNY					10AM ALL LEVELS YOGA JENNIFER	10AM PILATES MAT - ALYSSA
						11AM BARRE* VARIOUS
12PM ALL LEVELS YOGA JENNIFER		12PM ALL LEVELS YOGA JENNIFER		12PM ALL LEVELS YOGA JENNIFER		12PM ZUMBA® JENNY
					1PM CAPOEIRA MONITOR DENTISTA	2:30PM SWING DANCE WORKSHOPS* (VARIOUS DATES)
5:30PM BEGINNING BALLET- ANN		5:15-6PM PILATES MAT/BALL EXPRESS*ALYSSA	5PM BARRE* VARIOUS	5PM BARRE - VARIOUS		
6:30PM ALL LEVELS YOGA - JENNIFER	6pm PILATES MAT/BALL EXPRESS - ALYSSA	6PM BOOTY BARRE®* ADVANCED*ALYSSA	6PM PIYO MELISSA	6PM 1ST FRIDAY RELXATION- JENNIFER		
7:30PM INT/ADV BALLET - ELAINE	7PM BARRE*VARIOUS	7PM ZUMBA® - JENNY	7PM SHAKTI FLOW*KAITLAN			
	8PM CONTEMPORARY DANCE - LONDON	8PM ALL LEVELS HIP HOP - LONDON	8PM PILATES MAT/BALL EXPRESS* ZSAZSA			

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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 REFORMER - SHARI					11AM SPRINGBOARD* SHARI
		12PM SPRINGBOARD - SHARI				
		1PM REFORMER - SHARI				
4:30PM SPRINGBOARD - SHARI			430 - REFORMER - ZSA ZSA			
5:30PM SPRINGBOARD - SHARI			5:30PM SPRINGBOARD* ZSAZSA			
6:30PM REFORMER - ZSAZSA 6:30PM SPRINGBOARD SHARI	6PM REFORMER* SHARI	6:15PM REFORMER ZSAZSA 6:15PM SPRINGBOARD* SHARI	6:30 REFORMER* ZSA ZSA			
7:30PM REFORMER - SHARI	7PM SPRINGBOARD* SHARI	7:15PM REFORMER* SHARI				