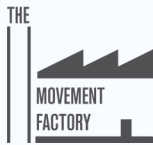


# WINTER 2020

## LAKWOOD

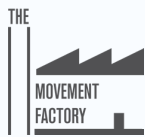


SUN	MON	TUE	WED	THU	FRI	SAT
					9:30A PILATES MAT/BALL	9A PILATES MAT/BALL
10A PILATES MAT						10A PILATES MAT
	5:30P PILATES MAT				12P PILATES MAT	11A ZUMBA®
	6:30P BEG BALLET	6P PILATES MAT		6:30P PILATES MAT		12P DANCE INTENSIVE
	7:30P ADV BALLET	7P CONTEMPORARY FUSION	7P ZUMBA®			
		8P HIP HOP	8P HIP HOP			

check [themovementfactory.com](http://themovementfactory.com) for updates - schedule is subject to change  
13000 athens ave | #203 | lakewood | ohio | 44107 | 216.712.4622

# WINTER 2020

## ROCKY RIVER



SUN	MON	TUE	WED	THU	FRI	SAT
10A CORE COMBO			8:15A REFORMER	9:45A REFORMER	8:15A REFORMER	8A REFORMER 9A REFORMER
11A REFORMER	10A REFORMER	10:15A CORE COMBO	9A CHAIR 10A CORE COMBO	10:45A REFORMER	10A REFORMER 11A CORE COMBO	10A SPRINGBOARD
11:30A SPRINGBOARD	11A REFORMER		11A REFORMER			
12:30P REFORMER				4P CORE COMBO	3P REFORMER 4P REFORMER	
	5P JUMPBOARD	5P REFORMER	5P REFORMER	5P JUMPBOARD	5P CHAIR	
		6P SPRINGBOARD 7P CORE COMBO	6P REFORMER			

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20161 lake road | rocky river | ohio | 44116 | 216.712.4622