

The MOVEMENT Studio - Fall Schedule 8/5/24 \*Classes may fill up or subject to change. Please call 928-515-2919 or email ben@themovementstudiopv.com for more information.

PLEASE FILL OUT A WAIVER FORM PRIOR TO YOUR FIRST CLASS. ALL DANCE CLASSES REQUIRE PRE-REGISTRATION. PLEASE REFER TO OUR 2024-2025 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/CODE/CONDUCT.

updated 10/17/24

Studio A/B	Studio C	Studio D	Studio E	Studio C2	Pz	Weight Room
<b>Monday</b>						
9:00am-10:00am	Body Sculpt Conditioning - Sasha					
3:00pm-4:00pm	MDT Private Rehearsals	<i>Tiny Tots Dance (ages 2-3) - Jewels (3:00-3:45pm) Rory/Aeryn</i>	<i>*MDT Mini Emerald Ballet - Mary (3:45-4:30pm)</i>	<i>*MDT Boys Hip Hop Team - Colton (3:45-4:30pm)</i>		
4:00pm-4:30pm	<i>*MDT Adv Jazz &amp; Contemporary- Sasha Rehearsal</i>	<i>Little Dancers Ballet/Jazz (ages 4-6) - Jewels (3:45-4:30pm) Cass</i>				Beg Class Guitar - Ben 4:00-4:30pm
4:30pm-5:30pm		<i>Beg Jazz I-II (ages 8+) -Jenn Shyann</i>	<i>*MDT Mini Diamond/Ruby Ballet - Mary</i>	<i>*MDT Int Contemporary Team - Colton</i>		Int Class Guitar - Ben 4:30-5:00pm
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	<i>*MDT Int Ballet Technique - Mary</i>	<i>Beg Lyrical Contemporary I-II (ages 8+) - Jenn Sav FULL</i>	<i>*MDT Adv Strength, Stretch &amp; Progressions - Kim (ends at 7pm)</i>		<b>**Footlight Productions - Naasz</b>
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia					<b>**Footlight Productions - Naasz</b>
<b>Tuesday</b>						
9:00am-10:00am	Pedal & Pump -Shannon					
3:45pm-4:30pm		<i>Preschool Ballet/Tap/Tumble (ages 3-5) -Katie Megan/Abbey FULL</i>	<i>Mini Lyrical (ages 6-9) -Reagan/Jaci</i>	<i>*MDT Girls Hip Hop Team - Sheila Wynn/Sully</i>		
3:45pm-4:45pm	<i>*MDT Adv Musical Theatre - Sasha</i>					
4:00pm-5:00pm			MDT Private Rehearsals (4:30-5pm)			
4:30pm-5:30pm		<i>*MDT Emerald Team - Katie (4:30-5:15pm)</i>		<b>**FTC Jr &amp; Sr - Naasz (starts at 4:30pm)</b>	<b>**FTC Jr &amp; Sr - Naasz (starts at 4:30pm)</b>	Power Hour - Felicia
4:45pm-5:30pm	<i>*MDT Ruby &amp; Diamond Team CLJT - Sasha Cass</i>			<b>**FTC Jr &amp; Sr - Naasz</b>	<b>**FTC Jr &amp; Sr - Naasz</b>	
5:00pm-6:00pm		<i>*MDT Mini Lg Tap Team - Katie (5:30-6:15pm) Fitch</i>	<i>*MDT Adv Ballet Technique - Mary (5:00-6:30pm)</i>			
5:30pm-6:30pm	Xtreme Hip Hop (Step Class)/MixFit rotating classes - Twan			<b>**FTC Sr &amp; Adults - Naasz</b>	<b>**FTC Sr &amp; Adults - Naasz</b>	
6:15pm-7:00pm		<i>*MDT Mini Ruby Jazz Team - Katie (6:15-7:00pm) Picard/Brin</i>				
6:30pm-7:45pm	<b>*Adult Performance Dance Co. - Sasha</b>			<b>**FTC Adults - Naasz</b>	<b>**FTC Adults - Naasz</b>	
<b>Wednesday</b>						
6:00am-7:00am	Extreme Hip Hop (Step Class) - Artwan					
9:00am-10:00am	EmPOWERmat (yoga/core)- Sasha					
2:00pm-3:00pm	MDT Private Rehearsals	MDT Private Rehearsals				
3:00pm-3:30pm	<i>*Int/Adv Acro (ages 10+) - Kim/Trey (3:00-4:30pm)</i>	<i>Mini Jazz I (ages 5-8) - Jewels (3:00-3:45pm) Serenity</i>				
3:30pm-4:30pm		<i>Mini Tap I - Katie (ages 5-8) (starts 3:45pm) Pelano/Serenity</i>	<i>*Int Jazz II-III (ages 9+) - Tammi</i>	<i>All Boys Hip Hop (ages 7+) - Colton (3:45-4:30pm)</i>		
4:30pm-5:30pm	<i>*Int/Adv Hip Hop III-IV (ages 12+) - Sasha/Sheila</i>	<i>Tumble/Jazz (ages 6-10) - Tammi (ends 5:15pm) Rory</i>	<i>*Int Tap II-III (ages 9+) - Katie</i>	<i>*MDT Adv Tap Team - Colton</i>		Pedal & Pump - Genese
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	<i>Beg Tap Level I-II (ages 8+) - Colton</i>	<i>Teen/Adult Jazz I-III - Jenn</i>	<b>**Footlight Productions - Naasz</b>	MDT Private Rehearsals	<b>**Footlight Productions - Naasz</b>
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		<i>Teen/Adult Tap I-III - Katie</i>	<b>**Footlight Productions - Naasz</b>	<b>**Footlight Productions - Naasz</b>	
<b>Thursday</b>						
9:00am-10:00am	HIIT & HOLD - Shannon					
10:00am-11:00am		<i>Tiny Ballet/Tap Combo (ages 2-4) Jewels (ends 10:45am) Serenity</i>				
3:30pm-4:30pm	<i>*MDT Int/Adv Team Turns &amp; Leaps - Sasha</i>		<i>Ballet I-II (ages 7+) - Marissa (starts at 3:40pm)</i>	<i>Hip Hop (ages 6-10) - Sheila (3:45-4:30pm) Wynn</i>		
4:00pm- 4:45pm		<i>Ballet/Tap/Tumble (ages 4-6) - Katie (starts 4:00-4:45pm) Serenity</i>				
4:30pm-5:30pm	<i>Beg Hip Hop Level I-II (ages 8+) - Jenn/Colton Shyann</i>	<i>Preballet I-II (ages 4-7) - Katie (starts 4:45-5:30pm) Serenity FULL</i>	<i>*Ballet Level III-IV Pointe (ages 12+) - Marissa</i>	<i>Mini Acro (ages 6-10) Brittany (4:30-5:15pm) Savannah FULL</i>		SPIN - Felicia
5:30pm-6:30pm	<i>*MDT Mini Diamond Team - Sasha Lela/Sully</i>	<i>Mini Jazz II (ages 6-9) - Katie (5:30-6:15pm) Reagan/Amaya FULL</i>	<i>*Ballet Level II-III (ages 10+) - Marissa</i>	<b>**FTC Jr &amp; Sr - Naasz (5:15pm to 6:15pm)</b>	<b>**FTC Jr &amp; Sr - Naasz (5:15pm to 6:15pm)</b>	Body Pump - Felicia
6:30pm-7:30pm	<i>Teen/Adult Hip Hop Level I-III - Artwan</i>		<i>Teen/Adult Ballet - Marissa</i>	<b>**FTC Sr &amp; Adults - Naasz (6:15pm to 7:15pm)</b>	<b>**FTC Sr &amp; Adults - Naasz (6:15pm to 7:15pm)</b>	
<b>Friday</b>						
9:00am-10:00am	Circuit Training - Sasha					
3:15pm-4:00pm	<i>*MDT Ballroom Team- Sasha</i>	MDT Private Rehearsals	MDT Private Rehearsals			
4:00pm-5:00pm	<i>*MDT Adv Hip Hop Team - Sasha</i>	MDT Private Rehearsals	MDT Private Rehearsals			
4:30pm-5:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals	<b>**Footlight Productions - Naasz (starts at 5pm)</b>	<b>**Footlight Productions - Naasz (starts at 5pm)</b>	
5:30pm-6:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals	<b>**Footlight Productions - Naasz (ends at ~7pm)</b>	<b>**Footlight Productions - Naasz (ends at ~7pm)</b>	
<b>Saturday</b>						
8:00am-9:00am	Vinyasa Yoga - Andrea					
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)					
10:00am-11:00am	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals	<b>**Footlight Productions - Naasz (10am-noon)</b>	<b>**Footlight Productions - Naasz (10am-noon)</b>	
10:30am-12:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals			
12:00pm-1:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals			
1:00pm-2:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals			

<b>Key -</b>	<b>Dance Class / assistant</b>	<b>Fitness Class</b>	<b>Footlight Productions Theatre</b>	<b>Playzone available</b>	<b>Guitar lessons</b>
	(*) Instructor approval required <i>Italic= 45 min class</i> Adult dance classes can be added on to an unlimited fitness contract (pre-paid) or taken as a stand alone dance contract. **Footlight Theater classes will be offered as class series or based on audition ALL FITNESS CLASSES PLEASE SIGN IN - Log onto "Mindbody: Fitness, Salon & Spa" App and search The Movement Studio to check-in.		FTC = Footlight Theatre Company		

**Contact Us! Follow Us!**

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