

The MOVEMENT Studio - Fall Schedule 8/4/25 *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 2025-2026 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/CODE/CONDUCT.

updated 8/19/25

	Studio A/B	Studio C	Studio D	Studio D2	Studio C2	PZ	Weight Room
Monday							
9:00am-10:00am	Body Sculpt Conditioning - Sasha						
2:45pm-3:45pm	BMHS Dance Team (Jazz)		*MDT Boys Hip Hop Team - Colton				
3:45pm-4:30pm	Hip Hop (ages 6-10) - Lela & Sully (3:45-4:30pm)	Little Dancers Ballet/Jazz (ages 4-6) - Sasha (3:45-4:30pm) Cass/Julia	(3:45-4:30pm)				
4:30pm-5:30pm	*MDT Jr Hip Hop Team - Sasha & Colton Lela	*MDT Mini Ruby/Emerald Ballet - Mary	Beg Contemporary I-II (ages 9+) - Sage	*MDT Int Jazz Team - Jenn	Guitar - Ben 4:30-5:00pm		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE/EmbodyMat - Sasha/Layla	*MDT Diamond Ballet Technique - Mary	Beg Hip Hop I-II (ages 9-12) - Sage	**Footlight Productions - Naasz	**Footlight Productions - Naasz		**Footlight Productions - Naasz
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia	MDT Private Rehearsals	Teen/Adult Jazz (ages 13+) I-III - Jenn	**Footlight Productions - Naasz	**Footlight Productions - Naasz	X	**Footlight Productions - Naasz
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						
2:45pm-3:45pm	BMHS Dance Team (HH)						
3:45pm-4:30pm	Beg Acro (ages 8+) Savannah (3:45-4:30pm) Cass		Mini Lyrical (ages 6-10) - Jaci (3:45-4:30pm) Picard				
4:00pm-5:00pm		Preschool Ballet/Tap/Tumble (ages 3-5) - Katie (4:00-4:45pm) Lela					
4:30pm-5:30pm	*MDT Ruby/Diamond Team CLJT - Sasha Cass	*MDT Emerald Team - Katie (4:45-5:30pm)					Power Hour - Felicia
5:00pm-6:00pm			*MDT Encore/Elite Ballet Technique - Marissa				
5:30pm-6:30pm	Xtreme Hip Hop (Step Class)/MixFit rotating classes - Twan	*MDT Jr Lg Tap Team - Katie (5:30-6:30pm)	(5:00-6:30pm)				
6:15pm-7:00pm			*MDT Adv Tap Team (6:30-7:00pm) - Colton				
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha						
Wednesday							
9:00am-10:00am	EmPOWERmat (yoga/core)- Sasha						
10:00am-11:00am		Tiny Tot Rhythm & Movement (ages 2-4) Brittany (ends 10:45am)					
1:45pm-2:45pm	BMHS Dance Team (Jazz)						
3:00pm-4:00pm	*MDT Adv Strength, Stretch & Progressions - Kim	Mini Jazz I (ages 5-9) - Sasha (3:00-3:45pm)					
3:45pm-4:30pm		Lil' Hip Hoppers (ages 3-5) - Jenn (3:45-4:30pm)	*MDT Ruby Team - Katie (3:45-4:30pm)				
4:00pm-5:00pm	*MDT Int/Adv Acro (ages 10+) - Kim		Mini Tap I - Katie (ages 5-9) (4:30-5:15pm) Cole				
5:00pm-5:30pm	*MDT Elite Hip Hop Team - Sasha (5:00-5:30pm)	Tumble/Jazz (ages 5-9) - Brittany (4:30-5:15pm)		All Boys Hip Hop (ages 7+) - Colton (4:45-5:30pm)			Pedal & Pump - Skyy
5:30pm-6:30pm	*Int/Adv Hip Hop III-IV (ages 13+) - Sasha Wynn	Tap Level I-II (ages 9+) - Colton (5:30-6:30pm)	*Int Tap II-III (ages 9+) - Katie (5:30-6:30pm)	**Footlight Productions - Naasz			BS Circuit- Shannon
6:30pm-7:30pm	MDT Private Rehearsals (Elite)	Breathe & Flow Yoga -Felicia	Teen/Adult Tap I-III - Katie (6:30-7:30pm)	**Footlight Productions - Naasz		X	
Thursday							
9:00am-10:00am	HIIT & HOLD - Shannon						
2:45pm-3:45pm	BMHS Dance Team (HH)						
3:45pm-4:30pm	Jazz/Musical Theatre (ages 6-9) - Lela (3:45-4:30pm) Darby		Ballet I-II (ages 7+) - Marissa (3:45-4:30pm)				
4:00pm- 4:45pm		Ballet/Tap/Tumble (ages 4-6) - Katie (4:00-4:45pm) Lilly/Julia					
4:30pm-5:30pm	*MDT Diamond Team - Sasha Lela/Sully	Pre-Ballet (ages 5-7) - Katie (4:45-5:30pm) Picard	*Ballet Level II-III (ages 10+) - Marissa	Int Jazz II (9-12) - Jaci			SPIN - Felicia
5:30pm-6:30pm	Modern Contemporary I-II (ages 11+) - Artwan	*MDT Jr Ballroom Team - Jeremy	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Beg Hip Hop Level I-II (ages 11+) - Jenn			Body Pump - Felicia
6:30pm-7:30pm	Teen/Adult Hip Hop Level I-III - Artwan Wynn	Teen/Adult Ballet - Marissa	*MDT Elite Ballroom Team - Jeremy			X	
Friday							
9:00am-10:00am	Circuit Training - Sasha						
2:45pm-3:45pm	BMHS Dance Team (Jazz)						
4:00pm-5:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals	**FTC - Luis (4:30-5:30pm)			
5:30pm-6:30pm	**Footlight Productions - Naasz (ends at ~7:30pm)	MDT Private Rehearsals	MDT Private Rehearsals				
Saturday							
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						
10:00am-11:00am	**Footlight Productions - Naasz (10am-noon)	MDT Rehearsals	MDT Rehearsals				
10:30am-12:00pm		MDT Rehearsals	MDT Rehearsals				

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KEY:

Fitness Class *Mindbody, Fitness, Salon & Spa* App, Search The Movement Studio to check-in.

Dance Class / assistant

(*) Instructor approval required

Italic= 45 min class

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

Footlight Productions Theatre FTC = Footlight Theatre Company

Bradshaw Mountain HS Dance Team

Playzone available

Guitar lessons