

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.

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

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| Key | Dance Class / assistant | Fitness Class | Footlight Productions Theatre <small>FTC = Footlight Theatre Company</small> | Playzone available | Guitar lessons |
| | <small>(*) Instructor approval required Italics = 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 ALL FITNESS CLASSES PLEASE SIGN IN - Log onto "Mindbody: Fitness, Salon & Spa" App and search The Movement Studio to check-in.</small> | | | | |

Contact Us! Follow Us!

Facebook/Instagram: **theMOVEMENTStudioPV**
 Address: 6425 E 2nd Street, Suite B, Prescott Valley, AZ 86314
 Mindbody Online: The Movement Studio
 Website: www.themovementstudiopv.com
 Instagram: @themovementstudiopv
 E-mail: ben@themovementstudiopv.com
 Phone Number: (928) 515-2919

