

The MOVEMENT Studio - Summer Schedule (6/13/22) PLEASE CHECK IN TO ALL FITNESS CLASSES ON MINDBODY APP. CLASSES SUBJECT TO CHANGE.

	Studio A/B	Studio C	Studio D	C2	Weight Rm
Monday					
9:00am-10:00am	Body Sculpt -Sasha				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm				
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
4:30pm-5:30pm					Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions - Ben			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia				OPEN
Tuesday					
9:00am-10:00am	Pedal & Pump - Shannon				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm	*MDT Leaps, Jumps, Turns Technique - Sasha 6/22-7/13	Encanto Dance Camp - Katie 3:45pm-5:15pm	Team Beach Dance Camp - Jennifer		
4:30pm-5:30pm	4:00-5:30pm	6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	JULY 5th, 6th 7th at 4:00-5:30pm		Power Hour - Felicia
5:30pm-6:30pm	Powerbands/Embody - Layla	**Footlight Productions - Ben			OPEN
6:30pm-7:30pm					
Wednesday					
9:00am-10:00am	EmpowerMat Core - Sasha				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm		Encanto Dance Camp - Katie 3:45pm-5:15pm			
4:30pm-5:30pm	Teen/Adult Jazz - Sasha 6/22 & 7/20	6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	*MDT Tap - Katie 6/22 & 7/6		HIIT & Stretch -Shannon
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	**Footlight Productions - Ben	*MDT Tap - Katie 6/29 & 7/13		OPEN
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia		Teen/Adult Tap - Katie 6/22-7/20		OPEN
Thursday					
9:00am-10:00am	Heavy Metal- Shannon				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm		Encanto Dance Camp - Katie 3:45pm-5:15pm	*MDT Ballet - Marissa 6/30-7/14	Little Dragons - Naasz (3:45-4:30pm)	
4:30pm-5:30pm		6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	4:00-5:30pm	Kenpo All Levels - Naasz	SPIN - Felicia
5:30pm-6:30pm	EmpowerMat Cardio - Layla	**Footlight Productions - Ben	Teen/Adult Ballet Level 1 & 2 - Marissa 6/30-8/4		OPEN
6:30pm-7:30pm			5:30pm-7:00pm		
Friday					
9:00am-10:00am	Circuit Training - Sasha				
10:00am-10:45am	Aristocats Kids Theater Camp 10:00am-1:00pm		*Emerald Mini Dance Team - Katie 6/24-7/15		
10:45am-11:45am	6/20-7/1		*Ruby Mini Dance Team - Katie 6/24-7/15		
12:00pm-1:00pm					
4:30pm-5:30pm	INSANITY® - Felicia (ends 5:15pm)				
5:30pm-6:30pm		**Footlight Productions - Ben			
6:30pm-7:30pm					
Saturday					
9:00am-10:00am	Saturday Sweat (Rotating Fitness Class) <small>*see Mindbody</small>				OPEN

Key: Summer Dance Camps Dance Class Fitness Footlight Productions Kenpo Karate

*Instructor approval required / Technique only
 **Footlight Theater classes will be offered as class series or based on audition. Summer Series is Aristocats (kids) and Little Shop of Horrors (teen/adult).
 *ALL FITNESS CLASSES -Please log onto Mindbody to check-in

Contact Us!

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