

The MOVEMENT Studio - Spring 2023 - \*Classes may fill up or subject to change. Please call 928-515-2919 for more information.

PLEASE FILL OUT A WAIVER FORM PRIOR TO YOUR FIRST CLASS. ALL DANCE CLASSES REQUIRE PRE-REGISTRATION. PLEASE REFER TO OUR 2022-2023 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/RULES/CONDUCT.

|                  | Studio A/B   | Studio C  | Studio D  | Studio C2   | PLAYZONE | Weight Room                          |
|------------------|--|---|---|---|----------|--------------------------------------|
| <b>Monday</b>    |  |   |   |   |          |                                      |
| 9:00am-10:00am   | Body Sculpt Conditioning - Sasha   |   |   |   |          | OPEN                                 |
| 3:30pm-4:00pm    | MDT Private Rehearsals   |   |   |   |          |                                      |
| 4:00pm-4:30pm    | *MDT (Jr/Sr) CLJT - Sasha (Teacher approval only)                        |   |   |   |          |                                      |
| 4:30pm-5:30pm    |  | Ballet/Jazz/Tumble Tots (ages 2-4) - Jenn (ends 5:15pm) (Shea) FULL         | Beg Lyrical (ages 6-9) - Tammi (Yazzie) FULL                        | Beg/Int Class Guitar - Ben 4:15-5:00pm                      |          | Heavy Metal - Shannon                |
| 5:30pm-6:30pm    | CLUB DANCE CARDIO - Sasha  | **Footlight Productions - Naasz   | Beg Jazz I (ages 6-9) - Tammi                                       | Private Guitar Lesson - 5:00pm-5:30pm                       |          | OPEN                                 |
| 6:30pm-7:30pm    | All Levels Vinyasa Flow Yoga - Felicia                                   |   | Beg Jazz Level I-II (ages 8+) - Jenn                                |   |          | OPEN                                 |
| <b>Tuesday</b>   |  |   |   |   |          |                                      |
| 9:00am-10:00am   | Pedal & Pump - Shannon   |   |   |   |          | OPEN                                 |
| 10:00am-10:45am  |  |   |   |   |          |                                      |
| 3:45pm-4:30pm    | *MDT Mini Hip Hop - Coach Sasha (Lela & Sully) ends at 4:45pm            | Preschool Ballet/Tap/Tumble (ages 3-5) - Katie (Brinley & Reagan) FULL      |   |   |          |                                      |
| 4:00pm-5:00pm    |  |   | Ballet Lyrical Level I-II (ages 8+) - Jenn (4-5pm)                  | *Footlight Theater Company                                  |          | Power Hour - Felicia                 |
| 4:30pm-5:30pm    | Mini Acro (ages 6-10) - Sasha (starts 4:45-5:30pm) (Dakota/Wynn) FULL    | Preballet (ages 4-6) - Katie (ends 5:15pm) (Brinley & Reagan)               |   | 4-4:45pm Acting Technique & The Art of Theater w/ Ben Naasz |          |                                      |
| 5:15pm-6:00pm    |  | Mini Jazz (ages 5-7) - Katie (ends 6:00pm) (Wynn) FULL                      |   |   |          |                                      |
| 5:00pm-6:00pm    |  |   | *MDT Progressing Ballet Technique® - Marissa (MDT only) 5:00-6:30pm | 4:45-5:30pm Musical Theater/Voice w/Leah                    |          | *Black Belts - Naasz (6:15pm-6:45pm) |
| 5:30pm-6:30pm    | Powerbands/Embodiment - Layla  | Mini Tap - Katie (ages 6-9) (6:00pm- 6:45pm) FULL                           |   | Voice Lessons - Leah  |          | OPEN                                 |
| 6:30pm-7:45pm    | *Adult Performance Dance Co. - Sasha (audition only)                     | Kenpo All Levels (ages 7+) - Naasz (6:45pm-7:45pm)                          |   | Voice Lessons - Leah  |          | OPEN                                 |
| <b>Wednesday</b> |  |   |   |   |          |                                      |
| 8:00am-9:30am    |  | Room Rental   |   |   |          |                                      |
| 9:00am-10:00am   | emPOWER Core/Barre - Sasha   |   |   |   |          | OPEN                                 |
| 2:30pm-3:30pm    | Acro (ages 10+) - Coach Eric (Sasha) FULL                                |   |   |   |          |                                      |
| 3:30pm-4:30pm    | *Adv Contemporary (ages 11+) - Sasha                                     | Little Dancers Jazz/Tumble (ages 6-9) - Jenn (3:45-4:30pm) (Sophie)         | *MDT Mini Tap - Coach Katie (starts 3:45pm)                         |   |          |                                      |
| 4:30pm-5:30pm    | Beginning Hip Hop Level I-II (ages 7+) - Jenn (Sophie S & Savannah) FULL | *Int Jazz Level II-III (ages 8+) - Sasha                                    | *MDT Large Tap Group - Coach Katie                                  |   |          | Pedal & Pump - Shannon               |
| 5:30pm-6:30pm    | Body Sculpt Conditioning - Sasha   | Beg Tap Level I-II (ages 8+) - Jess   | Teen/Adult Jazz Level I-III - Jenn                                  | Tap Private Lessons -Katie                                  |          | OPEN                                 |
| 6:30pm-7:30pm    | Breathe & Flow Yoga - Felicia  |   | Teen/Adult Tap Level I-III - Katie                                  |   |          | OPEN                                 |
| <b>Thursday</b>  |  |   |   |   |          |                                      |
| 9:00-10:00am     | HIIT & HOLD - Shannon  |   |   |   |          | OPEN                                 |
| 3:45pm-4:30pm    | Hip Hop (ages 6-9) - Sasha (Lela & Sully) FULL                           | Little Dragons (ages 4-8) - Naasz (Nave)                                    | *MDT Mini Emerald Jazz - Coach Katie                                |   |          |                                      |
| 4:30pm-5:30pm    | *All Levels Hip Hop Level I-III (ages 11+) - Sasha (Reagan & Lela) FULL  | *MDT Mini Ruby Jazz - Coach Katie (Madelyn P)                               | *Ballet Level II-III (ages 10+) - Marissa                           | Little Dragons (ages 3-7) - Naasz (ends at 5:15pm)          |          | SPIN - Felicia                       |
| 5:30pm-6:30pm    | *MDT Jr Jazz - Coach Sasha   | *Int Tap Level II-III (ages 10+) - Katie                                    | *Ballet Level III-IV/Pointe (ages 11+) - Marissa                    |   |          | Bootcamp Body Pump - Leah            |
| 6:30pm-7:30pm    | The Vaudevillians  |   | Teen/Adult Ballet - Marissa   |   |          | OPEN                                 |
| 7:30pm-8:00pm    |  |   | *Pointe -Marissa (Teacher approval only)                            |   |          |                                      |
| <b>Friday</b>    |  |   |   |   |          |                                      |
| 9:00am-10:00am   | Circuit Training - Sasha   |   |   |   |          | OPEN                                 |
| 10:00am-10:45am  |  | Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (Megan/Abbey) |   |   |          |                                      |
| 3:15pm-5:00pm    | *MDT Hip Hop Rehearsals (small & large group)                            | Kenpo All Levels (ages 7+) - Naasz (4-5pm)                                  |   |   |          |                                      |
| 4:30pm-5:30pm    | **Footlight Productions - Naasz TBD (starts at 5pm)                      |   | INSANITY® - Felicia (ends at 5:15pm)                                |   | CLOSED   | OPEN                                 |
| 5:30pm-6:30pm    | **Footlight Productions - Naasz TBD (ends at ~7pm)                       |   |   |   |          |                                      |
| <b>Saturday</b>  |  |   |   |   |          |                                      |
| 9:00am-10:00am   | Saturday Sweat Series (rotating class/instructor)                        | **Footlight Productions - Naasz (9am-noon)                                  | MDT Private Rehearsals  |   | CLOSED   | OPEN                                 |
| 10:00am-11:00am  | **Footlight Productions - Naasz (9am-noon)                               |   | MDT Private Rehearsals  |   |          | OPEN                                 |
| 10:30am-12:00pm  |  |   |   |   |          |                                      |

Key- Dance Class / (assistant) Fitness -ADULTS ONLY Footlight Productions Kenpo Karate

(\*) 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  
 ALL FITNESS CLASSES MUST SIGN IN -Please log onto \*Mindbody: Fitness, Salon & Spa\* App and search The Movement Studio to check-in.

Contact Us! Follow Us!  
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