

The MOVEMENT Studio - Spring Schedule 1/5/26 *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 1/6/25

	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	RMHS Dance Team						
3:45pm-4:30pm	*MDT Jr Hip Hop/Boys Team - Colton Naya	<i>Little Dancers Ballet/Jazz (ages 4-6) - Sasha (3:45-4:30pm) Cass/Julia</i>	<i>Hip Hop (ages 6-10) - Lela & Sully (3:45-4:30pm)</i>				
4:30pm-5:30pm	*Adv Contemporary IV - Ruby	<i>Beg Contemporary I-II (ages 8+) - Jenn</i>	<i>*Int Contemporary II-III (ages 10+) - Colton</i>				Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE - Sasha	<i>*MDT Ruby/Diamond Ballet Technique - Britta</i>	<i>Beg Hip Hop I-II (ages 9-12) - Colton Naya</i>	<i>**Footlight Productions - Naasz</i>	<i>**Footlight Productions - Naasz</i>	<i>**Footlight Productions - Naasz</i>	<i>**Footlight Productions - Naasz</i>
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia	<i>MDT Private Rehearsals</i>	<i>Teen/Adult Jazz (ages 13+) I-III - Jenn</i>	<i>**Footlight Productions - Naasz</i>	<i>**Footlight Productions - Naasz</i>	<i>**Footlight Productions - Naasz</i>	<i>X</i> <i>**Footlight Productions - Naasz</i>
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						
2:45pm-3:45pm	RMHS Dance Team						
3:45pm-4:30pm	<i>Beg Acro (ages 5+) Savannah (3:45-4:30pm) Cass</i>		<i>Mini Lyrical (ages 6-10) - Jaci (3:45-4:30pm) Picard</i>				
4:00pm-5:00pm		<i>Preschool Ballet/Tap/Tumble (ages 3-5) - Katie (4:00-4:45pm) Lela</i>					
4:30pm-5:30pm	*MDT Ruby/Diamond Team CLJT - Sasha Cass	<i>Mini Tap I - Katie (ages 5-9) (4:45-5:30pm)</i>					Power Hour - Felicia
5:00pm-6:00pm			<i>*MDT Encore/Elite Ballet Technique - Marissa (5:00-6:30pm)</i>				
5:30pm-6:30pm	Embodiment - Layla	<i>*MDT Jr Lg Tap Team - Katie (5:30-6:30pm)</i>					
6:15pm-7:00pm			<i>*MDT Adv Tap Team (6:30-7:00pm) - Colton</i>				
6:30pm-7:45pm	<i>*Adult Performance Dance Co. - Sasha</i>						
Wednesday							
9:00am-10:00am	EmPOWERmat (yoga/core/barre)- Sasha						
10:00am-11:00am							
1:45pm-2:45pm	RMHS Dance Team						
3:00pm-3:45pm	*MDT Int/Adv Leaps, Jumps Turns (ages 10+) - Sasha	<i>Mini Jazz I (ages 5-9) - Jenn (3:00-3:45pm) Lilly</i>					
3:45pm-4:30pm	*MDT Int/Adv Acro Drills (ages 10+) - Sasha	<i>Lil' Hip Hoppers (ages 3-5) - Jenn (3:45-4:30pm)</i>	<i>*MDT Emerald/Ruby Team - Katie (4:00-4:45pm)</i>				
4:30pm-5:30pm	*MDT Elite Rehearsals - Sasha	<i>Tumble/Jazz (ages 5-9) - Jenn (4:30-5:15pm) Kya</i>	<i>*Mini Tap II - Katie (ages 6-9) (4:45-5:30pm) Meg/Audrey</i>	<i>All Boys Hip Hop (ages 7+) - Colton (4:45-5:30pm)</i>	<i>Guitar - Ben 4:30-5:00pm</i>	<i>Pedal & Pump - Skyy</i>	
5:30pm-6:30pm	*Int/Adv Hip Hop III-IV (ages 13+) - Sasha Wynn	<i>Tap Level I-II (ages 9+) - Colton (5:30-6:30pm) Naya</i>	<i>*Int Tap II-III (ages 9+) - Katie (5:30-6:30pm)</i>	<i>**Footlight Productions - Naasz</i>		<i>BS Circuit- Sha/Sky/Fel</i>	
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		<i>Teen/Adult Tap I-III - Katie (6:30-7:30pm)</i>	<i>**Footlight Productions - Naasz</i>			<i>X</i>
Thursday							
9:00am-10:00am	HIIT & HOLD - Shannon						
2:45pm-3:45pm	RMHS Dance Team						
3:45pm-4:30pm	<i>Jazz/Musical Theatre (ages 6-9) - Lela (3:45-4:30pm) Darby</i>		<i>Ballet II (ages 9+) - Marissa (3:45-4:30pm)</i>				
4:00pm- 4:45pm		<i>Ballet/Tap/Tumble (ages 4-6) - Katie (4:00-4:45pm) Lilly/Julia</i>					
4:30pm-5:30pm	*MDT Diamond Team - Sasha Lela/Sully	<i>Pre-Ballet (ages 5-8) - Katie (4:45-5:30pm) Picard</i>	<i>Ballet Level I-II (ages 9+) - Marissa</i>	<i>Int Jazz II (9-12) - Jaci</i>		<i>SPIN - Felicia</i>	
5:30pm-6:30pm	Modern Contemporary I-II (ages 11+) - Artwan	<i>*MDT Jr Ballroom Team - Jeremy</i>	<i>*Ballet Level III-IV Pointe (ages 12+) - Marissa</i>			<i>Body Pump - Felicia</i>	
6:30pm-7:30pm	Teen/Adult Hip Hop Level I-III - Artwan Wynn	<i>Teen/Adult Ballet - Marissa</i>	<i>*MDT Elite Ballroom Team - Jeremy</i>				<i>X</i>
Friday							
9:00am-10:00am	Circuit Training - Sasha						
10:00am-11:00am		<i>Tiny Tot Rhythm & Movement (ages 2-3) Katie (ends 10:45am)</i>					
2:45pm-3:45pm	RMHS Dance Team						
4:00pm-5:30pm	MDT Private Rehearsals	<i>MDT Private Rehearsals</i>	<i>MDT Private Rehearsals</i>	<i>**FTC - Luis (4:30-5:30pm)</i>			
5:30pm-6:30pm	**Footlight Productions - Naasz (ends at ~7:30pm)	<i>MDT Private Rehearsals</i>	<i>MDT Private Rehearsals</i>				
Saturday							
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						
10:00am-11:00am	**Footlight Productions - Naasz (10am-noon)	<i>MDT Rehearsals</i>	<i>MDT Rehearsals</i>				
10:30am-12:00pm		<i>MDT Rehearsals</i>	<i>MDT Rehearsals</i>				

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



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

Playzone available

Bradshaw Mountain HS Dance Team

Guitar lessons