

The MOVEMENT Studio - Fall Schedule 8/8/22 *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
Monday						
9:00am-10:00am	Body Sculpt Conditioning - Sasha					
3:30pm-4:00pm	MDT Private Rehearsals					OPEN
4:00pm-4:30pm	MDT (Jr/Sr) CLJT- Sasha (Teacher approval only)		*Mini Emerald MDT Ballet - Marissa			
4:30pm-5:30pm		Ballet/Jazz/Tumble Tots (ages 2-4) - Maleah (ends 5:15pm) FULL	3:45-4:30pm			
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions - Naasz	*Mini Ruby MDT Ballet - Marissa	Beg/Int Class Guitar - Ben 4:15-5:00pm		Heavy Metal - Shannon
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia		Beg Jazz I (ages 6-9) - Maleah	Private Guitar Lesson - 5:00pm-5:30pm		OPEN
			Beg Jazz Level I-II (ages 8+) - Jenn			OPEN
Tuesday						
9:00am-10:00am	Pedal & Pump - Shannon					OPEN
10:00am-10:45am		Tiny Tots Dance with Me (ages 18mo-3) - Maleah *pre-registration required				
3:45pm-4:30pm	*MDT Mini Hip Hop - Coach Sasha (Lela & Sully)	Preschool Ballet/Tap/Tumble (ages 3-5) - Katie (Brinley & Reagan) FULL				
4:00pm-5:00pm	ends at 4:45pm		Ballet Level I-II (ages 8+) - Marissa (4-5pm)			
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) FULL		Musical Theater Technique - Leah (4:00pm-5:30pm)		Power Hour - Felicia
5:15pm-6:00pm		Mini Jazz (ages 5-7) - Katie (ends 6:00pm) FULL				
5:00pm-6:00pm			*MDT Progressing Ballet Technique® - Marissa (MDT only) 5:00-6:30pm			
5:30pm-6:30pm	Booty-Bells-Bands HIIT - Sasha (temporary class)	Mini Tap - Katie (ages 6-9) (6:00pm- 6:45pm)		Voice Lessons - Leah		*Black Belts - Naasz (6:15pm-6:45pm)
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
Wednesday						
9:00am-10:00am	emPOWER Core/Barre - Sasha					OPEN
2:30pm-3:30pm	Acro (ages 10+) - Coach Eric (Sasha) FULL					
3:30pm-4:30pm	MDT Private Rehearsals	Little Dancers Jazz/Tumble (ages 6-9) - Jenn (3:45-4:30pm) (Addie B/Sophie S)	*MDT Mini Tap - Coach Katie (starts 3:45pm)			
4:30pm-5:30pm	Beginning Hip Hop Level I-II (ages 7+) - Jenn (Sophie S) FULL	*Int Jazz Level II-III (ages 8+) - Sasha	*MDT Large Tap Group - Coach Katie			HIIT & HOLD - 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
Thursday						
9:00-10:00am	HIIT & HOLD - Shannon					OPEN
3:45pm-4:30pm	Hip Hop (ages 6-9) - Sasha (Lela & Sully) FULL	*MDT Mini Emerald Jazz - Coach Katie (Madelyn P)	Kinder Princess/Prince Ballet Program (ages 5-7) - Maleah	Little Dragons (ages 4-8) - Naasz		
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 (ages 11+) - Marissa			Bootcamp Bodypump - Leah
6:30pm-7:30pm	emPOWERmat Cardio - Layla (temporarily cancelled)		Teen/Adult Ballet - Marissa			OPEN
7:30pm-8:00pm			*Pointe - Marissa (Teacher approval only)			
Friday						
9:00am-10:00am	Circuit Training - Sasha					OPEN
10:00am-10:45am		Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (Meagan) FULL				
3:45pm-5:00pm	*MDT Hip Hop Large Group - Coach Sasha					
4:30pm-5:30pm	**Footlight Productions - Naasz TBD (starts at 5pm)		INSANITY® - Felicia (ends at 5:15pm)			CLOSED
5:30pm-6:30pm	**Footlight Productions - Naasz TBD (ends at ~7pm)					OPEN
Saturday						
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)		MDT Private Rehearsals			CLOSED
10:00am-11:00am	**Footlight Productions - Naasz (10am-noon)		MDT Private Rehearsals			OPEN
10:30am-12:00pm						

Key- Dance Class / (assistant)

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

Fitness -ADULTS ONLY

Footlight Productions

Kenpo Karate



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