

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.

updated 8/19/24

	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 Rehearsal	<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>	Int Class Guitar - Ben 4:30-5:00pm		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	<i>Beg Lyrical Contemporary I-II (ages 8+) - Jenn Savannah FULL</i>	<i>MDT Int Ballet Technique - Mary</i>	<i>MDT Adv Strength, Stretch & Progressions - Kim (ends at 7pm)</i>	**Footlight Productions - Naasz		
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia				**Footlight Productions - Naasz		
Tuesday							
9:00am-10:00am	Pedal & Pump - Shannon						
3:45pm-4:30pm		<i>Preschool Ballet/Tap/Tumble (ages 3-5) - Katie Megan/Abbey FULL</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>			**FTC Jr & Sr - Naasz (starts at 4:30pm)		Power Hour - Felicia
4:45pm-5:30pm	*MDT Ruby & Diamond Team CLJT - Sasha Cass				**FTC Jr & Sr - Naasz		
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>		**FTC Sr & Adults - Naasz		
5:30pm-6:30pm	Extreme Hip Hop (Step Class) - Artwan				**FTC Sr & Adults - Naasz		
6:15pm-7:00pm		<i>MDT Mini Ruby Jazz Team - Katie (6:15-7:00pm) Picard/Brin</i>			**FTC Adults - Naasz		
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha				**FTC Adults - Naasz		
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	*Int/Adv Acro (ages 10+) - Kim/Trey (3:00-4:30pm)	<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) Pelano FULL</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	*Int/Adv Hip Hop III-IV (ages 12+) - Sasha/Sheila	<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>	**Footlight Productions - Naasz	MDT Private Rehearsals		**Footlight Productions - Naasz
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia		<i>Teen/Adult Tap I-III - Katie</i>	**Footlight Productions - Naasz	**Footlight Productions - Naasz		**Footlight Productions - Naasz
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	<i>Beg Hip Hop Level I-II (ages 8+) - Jenn/Colton Shyann</i>	<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 FULL</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 FULL</i>	<i>*Ballet Level II-III (ages 10+) - Marissa</i>	**FTC Jr & Sr - Naasz (5:15pm to 6:15pm)	**FTC Jr & Sr - Naasz (5:15pm to 6:15pm)		Body Pump - Felicia
6:30pm-7:30pm	<i>Teen/Adult Hip Hop Level I-III - Artwan</i>		<i>Teen/Adult Ballet - Marissa</i>	**FTC Sr & Adults - Naasz (6:15pm to 7:15pm)	**FTC Sr & Adults - Naasz (6:15pm to 7:15pm)		
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	**Footlight Productions - Naasz (starts at 5pm)	**Footlight Productions - Naasz (starts at 5pm)		
5:30pm-6:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals	**Footlight Productions - Naasz (ends at ~7pm)	**Footlight Productions - Naasz (ends at ~7pm)		
Saturday							
8:00am-9:00am	Vinyasa Yoga - Andrea						
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						
10:00am-11:00am	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals	**Footlight Productions - Naasz (10am-noon)	**Footlight Productions - Naasz (10am-noon)		
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				

Key -	Dance Class / assistant	Fitness Class	Footlight Productions Theatre	Playzone available	Guitar lessons
	(*) Instructor approval required		FTC = Footlight Theatre Company		
	<i>Italic= 45 min class</i>				
	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.				

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



