

The MOVEMENT Studio - Fall Schedule 8/10/26 *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 2026-2027 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/CODE/CONDUCT.

updated 7/16/26

	Studio A	Studio C	Studio A2	Studio C2	PZ
Monday					
9:00am-10:00am	Body Sculpt Conditioning - Sasha				
2:45pm-3:45pm	BMHS Dance Team				
3:45pm-4:30pm	Mini Hip Hop (ages 6-9) - Lela & Sully (3:45-4:30pm) Karlee	Little Dancers Ballet/Jazz/Tumble (ages 4-6) - Sasha (3:45-4:30pm) Julia/Holli	*MDT Boys Hip Hop Team Colton (starts 3:45pm)		
4:30pm-5:30pm	*MDT Diamond/Elite CLJT (ages 11+) - Sasha	*MDT Sapphire Ballet Technique - Mary	Core Sculpt - Shannon		X
5:30pm-6:30pm	CLUB DANCE - Sasha	*MDT Diamond/Elite Ballet Technique - Mary	Beg Hip Hop I-II (ages 10+) - Colton Kaslynn		X
6:30pm-7:30pm	All Souls Flow Yoga - Breanne	*MDT Jr Ballroom - Jeremy	Beg Lyrical/Contemporary I-II (ages 10+) - Colton	**Footlight Productions - Naasz	X
Tuesday					
9:00am-10:00am	Pedal & Pump -Shannon				
2:45pm-3:45pm	BMHS Dance Team				
3:45pm-4:30pm	Mini Acro (ages 5-9) Sasha (3:45-4:30pm) Sully	Preschool Ballet/Tap/Tumble (ages 3-5) - Katie (3:45-4:30pm) Kya/Julia	Jr Lyrical (ages 8-12) - Lela (3:45-4:30pm) Naya		
4:30pm-5:30pm	*MDT Diamond Team - Sasha Sully	*MDT Mini Tap Team - Katie (4:30-5:15pm) Kya	Beg/Int Jazz (ages 8+)- Lela (4:30-5:30pm) Holli		
5:30pm-6:30pm	Embody - Layla	*MDT Sapphire Team CLJT - Sasha	*MDT Diamond/Elite Ballet Technique - Marissa (5:30-7:00pm)	*MDT Ruby Team - Katie (5:15-6:00pm)	X
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha				
Wednesday					
9:00am-10:00am	Power Core - Sasha				
2:15pm-3:15pm		*MDT Int/Adv Acro @Sega - Kim			
3:00pm-3:45pm	Beg/Int Acro Drills (ages 10+) - Savannah Sasha				
3:30pm-4:30pm	*MDT Elite Team Rehearsal - Sasha (3:45-4:30pm)	Mini Tap/Jazz - Katie (ages 6-9) (4:00-4:45pm) Gracelyn	YBT All Male Ballet (ages 11+) - Silas (3:30-4:30pm)		
4:30pm-5:30pm	*MDT HH Team Rehearsal - Sasha	Pre-Ballet (ages 6-9) - Katie (4:45-5:30pm) Julia	Tap Level I-II (ages 9+) - Colton	Guitar - Ben 4:30-5:00pm	
5:30pm-6:30pm	Pedal & Pump - Skyy	*MDT Adv Tap Team - Colton	*Int Tap II-III (ages 9+) - Katie (5:30-6:30pm)		X
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia	MDT Rehearsals - solo/duo/trio	Teen/Adult Tap I-III - Katie (6:30-7:30pm)		X
Thursday					
9:00am-10:00am	Heavy HIIT - Shannon				
2:45pm-3:45pm	BMHS Dance Team				
3:45pm-4:30pm	Jazz/Musical Theatre (ages 6-9) - Lela (3:45-4:30pm) Darby		Ballet I-II (ages 8+) - Marissa (3:45-4:30pm)		
4:00pm- 4:45pm		Ballet/Tap/Tumble (ages 4-6) - Katie (4:00-4:45pm) Lilly/Holli			
4:30pm-5:30pm	*MDT Sapphire Team - Sasha Lela/Sully	Pre-Ballet (ages 5-8) - Katie (4:45-5:30pm) Darby/Naya	Ballet Level II (ages 9+) - Marissa Nutcracker		
5:30pm-6:30pm	Body Pump - Felicia	Modern Contemporary I-II (ages 11+) - Artwan	*Ballet Level III-IV Pointe (ages 12+) - Marissa		X
6:30pm-7:30pm	Teen/Adult Hip Hop Level I-III - Artwan Wynn		Teen/Adult Ballet - Marissa		
Friday					
9:00am-10:00am	Circuit Training - Sasha				
10:00am-11:00am		Tiny Tot Rhythm & Movement (ages 2-3) Katie (ends 10:45am) Cole/Quinn			
2:45pm-3:45pm	BMHS Dance Team				
3:45pm-5:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals		
5:30pm-6:30pm	**Footlight Productions - Naasz (ends at ~7:30pm)	MDT Private Rehearsals	MDT Private Rehearsals		
Saturday					
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)				
10:00am-11:00am	**Footlight Productions - Naasz (10am-noon)	MDT Rehearsals	MDT Rehearsals		
10:30am-12:00pm		MDT Rehearsals	MDT Rehearsals		

Facebook/Instagram: [theMOVEMENTstudioPV](https://www.facebook.com/themovementstudiopv)

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Phone Number: (928) 515-2919



KEY:

Fitness Class "Mindbody: Fitness, Salon & Spa" App. Search The Movement Studio to check in.	Playzone available
Dance Class / assistant	Guitar lessons

(*) 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

