

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 8/5/24

	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	Tiny Tots Dance (ages 2-3) - Jewels (3:00-3:45pm) Rory/Aeryn	*MDT Mini Emerald Ballet - Mary (3:45-4:30pm)	*MDT Boys Hip Hop Team - Colton (3:45-4:30pm)			
4:00pm-4:30pm	*MDT Adv Jazz & Contemporary- Sasha Rehearsal	Little Dancers Ballet/Jazz (ages 4-6) - Jewels (3:45-4:30pm) Cass			Beg Class Guitar - Ben 4:00-4:30pm		
4:30pm-5:30pm		Beg Jazz I-II (ages 8+) - Jenn Shyann	*MDT Mini Diamond/Ruby Ballet - Mary	*MDT Int Contemporary Team - Colton	Int Class Guitar - Ben 4:30-5:00pm		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	*MDT Int Ballet Technique - Mary	Beg Lyrical Contemporary I-II (ages 8+) - Jenn Sav FULL	*MDT Adv Strength, Stretch & Progressions - Kim (ends at 7pm)	**Footlight Productions - Naasz		**Footlight Productions - Naasz
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia				**Footlight Productions - Naasz		**Footlight Productions - Naasz
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						
3:45pm-4:30pm		Preschool Ballet/Tap/Tumble (ages 3-5) -Katie Megan/Abbey FULL	Mini Lyrical (ages 6-9) - Reagan/Jaci	*MDT Girls Hip Hop Team - Sheila Wynn/Sully			
3:45pm-4:45pm	*MDT Adv Musical Theatre - Sasha						
4:00pm-5:00pm			MDT Private Rehearsals (4:30-5pm)				
4:30pm-5:30pm		*MDT Emerald Team - Katie (4:30-5:15pm) Abbey			**FTC Jr & Sr - Naasz (starts at 4:30pm)	**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	**FTC Jr & Sr - Naasz	
5:00pm-6:00pm		*MDT Mini Lg Tap Team - Katie (5:30-6:15pm) Fitch	*MDT Adv Ballet Technique - Mary (5:00-6:30pm)		**FTC Sr & Adults - Naasz	**FTC Sr & Adults - Naasz	
5:30pm-6:30pm	Extreme Hip Hop (Step Class) - Artwan						
6:15pm-7:00pm		*MDT Mini Ruby Jazz Team - Katie (6:15-7:00pm) Picard/Brin			**FTC Adults - Naasz	**FTC Adults - Naasz	
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha						
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)	Mini Jazz I (ages 5-8) - Jewels (3:00-3:45pm)					
3:30pm-4:30pm		Mini Tap I - Katie (ages 5-8) (starts 3:45pm) Pelano	*Int Jazz II-III (ages 9+) - Tammi	All Boys Hip Hop (ages 7+) - Colton (3:45-4:30pm)			
4:30pm-5:30pm	*Int/Adv Hip Hop III-IV (ages 12+) - Sasha/Sheila	Tumble/Jazz (ages 6-10) - Tammi (ends 5:15pm) Rory	*Int Tap II-III (ages 9+) - Katie	*MDT Adv Tap Team - Colton			Pedal & Pump - Genese
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	Beg Tap Level I-II (ages 8+) - Colton	Teen/Adult Jazz I-III - Jenn	**Footlight Productions - Naasz	MDT Private Rehearsals		**Footlight Productions - Naasz
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		Teen/Adult Tap I-III - Katie	**Footlight Productions - Naasz	**Footlight Productions - Naasz		
Thursday							
9:00am-10:00am	HIIT & HOLD - Shannon						
10:00am-11:00am		Tiny Ballet/Tap Combo (ages 2-4) Jewels (ends 10:45am)					
3:30pm-4:30pm	*MDT Int/Adv Team Turns & Leaps - Sasha		Ballet I-II (ages 7+) - Marissa (starts at 3:40pm)	Hip Hop (ages 6-10) - Sheila (3:45-4:30pm) Wynn			
4:00pm-4:45pm		Ballet/Tap/Tumble (ages 4-6) - Katie (starts 4:00-4:45pm) Serenity					
4:30pm-5:30pm	Beg Hip Hop Level I-II (ages 8+) - Jenn/Colton Shyann	Preballet I-II (ages 4-7) - Katie (starts 4:45-5:30pm) Serenity FULL	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Mini Acro (ages 6-10) Brittany (4:30-5:15pm) Savannah FULL			SPIN - Felicia
5:30pm-6:30pm	*MDT Mini Diamond Team - Sasha Lela/Sully	Mini Jazz II (ages 6-9) - Katie (5:30-6:15pm) Reagan FULL	*Ballet Level II-III (ages 10+) - Marissa	**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	Teen/Adult Hip Hop Level I-III - Artwan		Teen/Adult Ballet - Marissa	**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 <i>Italic= 45 min class</i>		FTC = Footlight Theatre Company		
	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](https://www.facebook.com/theymovementstudioPV)
 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



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	Studio A/B	Studio C	Studio D	Studio E	Studio C2	PZ	Weight Room
Monday							
9:00am-10:00am	Body Sculpt Conditioning - Sasha						OPEN
3:30pm-4:00pm	MDT Private Rehearsals	Ballet/Jazz/Tumble Tots (ages 2-4) - Jenn					
4:00pm-4:30pm	*MDT (Jr/Teen/Sr) CLJT- Sasha (Teacher approval only)	(3:45-4:30pm) Serenity		Mini Acro - Jami Wynn (ages 6-10) (starts 3:45pm)	Beg Class Guitar - Ben 4:00-4:30pm - Ben		
4:30pm-5:30pm		*MDT Mini Ruby/Emerald Ballet - Mary	Beg/Int Contemporary I-II (ages 10-13) - Jenn		Int Class Guitar - Ben 4:30-5:00pm - Ben		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	*MDT Int Ballet Technique - Mary	Beg Jazz I-II (ages 7-10) - Tammi Yazzie	**Footlight Productions - Naasz			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia		*MDT Int Jazz Team - Jenn	**Footlight Productions - Naasz			OPEN
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						OPEN
3:45pm-4:30pm		Preschool Ballet/Tap/Tumble (ages 3-5) -Katie Womble/Yazzie		Musical Theater Technique (ages 7+) - Ben			
3:45pm-4:45pm	*Adv Contemporary (12+) - Sasha						
4:00pm-5:00pm			Ballet Level I-II (ages 7+) - Marissa (4-5pm)				
4:30pm-5:30pm		Mini Jazz (ages 6-9) - Katie (ends 5:15pm) Womble/Yazzie		All BOYS Hip Hop (ages 8+) - Colton			Power Hour - Felicia
4:45pm-5:30pm	*Mini Team CLJT - Sasha Cassandra						
5:00pm-6:00pm			*MDT Adv Ballet Technique - Mary (5:00-6:30pm)				
5:30pm-6:30pm	Powerbands/Embody - Layla	*MDT Mini Tap Team - Katie (ends 6:15pm)		Beg/Int Contemporary I-II (ages 13+) - Colton			*Black Belts - Nave 6-6:30pm
6:15pm-7:00pm		*MDT Mini Ruby Jazz Team - Katie					OPEN 6:30-7pm
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha			Kenpo All Levels (ages 7+) - Naasz (ends 7:30pm)			OPEN
Wednesday							
8:00pm-9:00pm							OPEN
9:00am-10:00am	EmPOWERmat - Sasha						OPEN
2:00pm-3:00pm	*Int/Adv Acro (ages 10+) - Coach Eric/Sasha	MDT Private Rehearsals					
3:00pm-3:30pm	*MDT Looney Goons - Sasha	MDT Private Rehearsals					
3:30pm-4:30pm	*MDT Adv Hip Hop Team - Sasha	Mini Tap - Katie (ages 5-8) (starts 3:45pm) Packer	*Beg/Int Jazz Level II-III (ages 8+) - Tammi				
4:30pm-5:30pm	Beg Hip Hop Level I-II (ages 8+) - Jenn Wynn/Sophie	Little Dancers Tumble Dance (ages 5-7) - Sasha (ends 5:15pm) Sully	*MDT Adv Tap Team - 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	Beg Lyrical Contemp. I-II (ages 7-10) - Tammi	Technical Theatre - Mixed		OPEN
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia	**Footlight Productions - Naasz	Teen/Adult Tap Level I-III - Katie	**Footlight Productions - Naasz	Tap Private Lessons -Katie		OPEN
Thursday							
9:00-10:00am	HIIT & HOLD - Shannon						OPEN
3:30pm-4:30pm	Hip Hop (ages 6-10) - Sasha (starts 3:45pm) Cassandra/Wynn	Preballet (ages 4-6) - Katie (starts 3:50-4:35pm) Allerdings	*Adv Lyrical (ages 11+) - Marissa	Hip Hop (ages 6-10) - Sheila (starts 3:45pm) Wynn			
4:30pm-5:30pm	*Int/Adv Hip Hop Level III-IV (ages 12+) - Sasha Colton/Lela	Preballet (ages 5-7) - Katie (starts 4:35-5:20pm) Serenity	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Little Dragons (ages 3-7) - Naasz (ends 5:15pm)			SPIN - Felicia
5:30pm-6:30pm	*MDT Adv Jazz Team - Sasha Reagan	*Int Tap Level II-III (ages 10+) - Katie	*Ballet Level II-III (ages 10+) - Marissa	Kenpo All Levels (ages 7+) - Naasz (5:15-6:15pm)			Weight Training - Felicia
6:30pm-7:30pm	*MDT Ballroom Team - Sasha (6:30-7pm)		Teen/Adult Ballet - Marissa	**Footlight Theatre Company - Naasz (6:30-7:30pm)			OPEN
7:30pm-8:00pm	**Footlight Productions - Naasz						
Friday							
9:00am-10:00am	Circuit Training - Sasha						OPEN
10:00am-11:00am		Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (ends 10:45am) Quinn/Megan					
3:45pm-4:30pm	MDT Private Rehearsals	*MDT Mini Emerald Jazz - Katie Picard			Technical Theatre - Mixed (4:00-5:00pm)		
4:30pm-5:30pm	~	MDT Private Rehearsals		**Footlight Productions - Naasz (starts at 5pm)			
5:30pm-6:30pm	MDT Private Rehearsals	MDT Private Rehearsals		**Footlight Productions - Naasz (ends at ~7pm)			
Saturday							
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						OPEN
10:00am-11:00am	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals	**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				

updated 1/22/24

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

PZ

(* 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.

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Studio A/B	Studio C	Studio D	Studio E	Studio C2	PZ	Weight Room
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The MOVEMENT Studio - Fall Schedule 8/7/23 *Classes may fill up or subject to change. Please call 928-515-2919 for more information.

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	Studio A/B	Studio C	Studio D	Studio E	Studio C2	PZ	Weight Room
Monday							
9:00am-10:00am	Body Sculpt Conditioning - Sasha						OPEN
3:30pm-4:00pm	MDT Private Rehearsals	Ballet/Jazz/Tumble Tots (ages 2-4) - Jenn					
4:00pm-4:30pm	*MDT (Jr/Teen/Sr) CLJT- Sasha (Teacher approval only)	(3:45-4:30pm) Serenity			Beg/Int Class Guitar -Ben 4:15-5:00pm		
4:30pm-5:30pm		Beg/Int Contemporary I-II (ages 11+) - Jenn	*MDT Mini Ruby/Emerald Ballet - Mary	Beg Lyrical Contemp. I-II (ages 7-10) - Tammi	Private Guitar Lesson - 5:00pm-5:30pm		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	*MDT Int Ballet Technique - Mary	Beg Jazz I-II (ages 7-10) - Tammi FULL Yazzie	**Footlight Theatre Company - Naasz			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia	MDT Private Rehearsals	*MDT Int Jazz Team - Jenn	**Footlight Productions - Naasz			OPEN
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						OPEN
3:45pm-4:30pm		Preschool Ballet/Tap/Tumble (ages 3-5) -Katie FULL Gwinn			Musical Theater Technique (ages 7+) - Ben		
3:45pm-4:45pm	*MDT Adv Contemporary Team - Sasha						
4:00pm-5:00pm			Ballet Level I-II (ages 7+) - Marissa (4-5pm)				
4:30pm-5:30pm		Mini Jazz (ages 6-9) - Katie (ends 5:15pm) Gwinn		*MDT All BOYS Mini Hip Hop Team - Colton			Power Hour - Felicia
4:45pm-5:30pm	*MDT All GIRLS Mini Hip Hop Team - Sasha						
5:00pm-6:00pm			*MDT Adv Ballet Technique - Mary (5:00-6:30pm)				
5:30pm-6:30pm	Powerbands/Embody - Layla	*MDT Mini Tap Team - Katie (ends 6:15pm) Abbey		MDT Parent Meeting (once a month)			*Black Belts - Nave 6-6:30pm
6:15pm-7:00pm		*MDT Mini Ruby Jazz Team - Katie					OPEN 6:30-7pm
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha		Kenpo All Levels (ages 7+) - Naasz (ends 7:30pm)				OPEN
Wednesday							
8:00pm-9:00pm		Room Reserved					OPEN
9:00am-10:00am	EmPOWERmat - Sasha	Room Reserved					OPEN
2:00pm-3:00pm	Acro (ages 10+) - Coach Eric/Sasha	MDT Private Rehearsals					
3:00pm-3:30pm	*MDT Jazz Funk Team- Sasha	MDT Private Rehearsals					
3:30pm-4:30pm	*MDT Adv Hip Hop Team - Sasha	Mini Tap - Katie (ages 5-7) (starts 3:45pm) FULL Packer	*Beg/Int Jazz Level II-III (ages 8+) - Tammi				
4:30pm-5:30pm	Beg Hip Hop Level I-II (ages 8+) - Jenn Wyns/Sophie FULL	Little Dancers Tumble Dance (ages 5-7) - Tammi (ends 5:15pm) Sully	*MDT Large Tap Group - 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	**Footlight Productions - Naasz	Teen/Adult Tap Level I-III - Katie				OPEN
Thursday							
9:00-10:00am	HIT & HOLD - Shannon						OPEN
3:30pm-4:30pm	Hip Hop (ages 6-10) - Sasha (starts 3:45pm) Lela & Julia	Preballet (ages 4-6) - Katie (starts 4-4:45pm) Allerdings FULL	*MDT Adv Lyrical Team - Marissa	Mini Acro - Jamie Wynn/Cass (ages 6-10) (starts 3:45pm)			
4:30pm-5:30pm	*Int/Adv Hip Hop Level III-IV (ages 12+) - Sasha	*MDT Petite Team - Katie (4:45-5:30pm) Picard	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Little Dragons (ages 3-7) - Naasz (ends 5:15pm)			SPIN - Felicia
5:30pm-6:30pm	*MDT Adv Jazz Team - Sasha	*Int Tap Level II-III (ages 10+) - Katie	*Ballet Level II-III (ages 10+) - Marissa	Kenpo All Levels (ages 7+) - Naasz (5:15-6:15pm)			Weight Training - Felicia
6:30pm-7:30pm	*MDT Ballroom Team- Sasha (ends 7:00pm)	**Footlight Productions - Naasz	Teen/Adult Ballet - Marissa				OPEN
7:30pm-8:00pm	**Footlight Productions - Naasz						
Friday							
9:00am-10:00am	Circuit Training - Sasha						OPEN
10:00am-11:00am		Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (ends 10:45am) Abbey					
3:45pm-4:30pm	MDT Private Rehearsals	*MDT Mini Emerald Jazz - Katie					
4:30pm-5:30pm	MDT Production Rehearsals	MDT Private Rehearsals		**Footlight Productions - Naasz (starts at 5pm)			
5:30pm-6:30pm	MDT Production Rehearsals	MDT Private Rehearsals		**Footlight Productions - Naasz (ends at ~7pm)			
Saturday							
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						OPEN
10:00am-11:00am	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals	**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				

updated 9/27/23

Key- **Dance Class / assistant** Fitness-ADULTS ONLY Footlight Productions PZ 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.
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 Instagram: @themovementstudio
 E-mail: ben@themovementstudio.com
 Phone Number: (928) 515-2919



Suite E Schedule

Suite E (August 1st 23 to Dec 30th 23)			
Monday			
3:30pm-4:30pm	Private lessons		
4:30pm-5:30pm	Beg Lyrical Contemporary I-II (ages 7-10) - Tammi	\$15.00	
5:30pm-6:30pm	Footlight Theatre Company - Naasz	\$15.00	\$20.00
6:30pm-7:30pm	Footlight Productions - Naasz	\$15.00	\$20.00
Tuesday			
3:45pm-4:45pm	Musical Theater Technique (ages 7+) - Ben	\$15.00	\$20.00
4:45pm-5:30pm	<i>MDT All BOYS Mini Hip Hop Team - Colton</i>	\$15.00	\$20.00
5:30pm-6:30pm	Beg/Int Hip Hop II-III (ages 9+) - Colton	\$15.00	\$20.00
6:30pm-7:30pm	Private lessons		
Wednesday			
Thursday			
3:30pm-4:30pm	Private lessons		
4:30pm-5:15pm	<i>Little Dragons (ages 3-7) - Naasz</i>	\$15.00	\$20.00
5:15pm-6:15pm	Kenpo All Levels (ages 7+) - Naasz	\$15.00	\$20.00
6:15pm-7:15pm	Private lessons		
Friday			
3:00pm-4:00pm	Private lessons		
4:00pm-5:00pm	Private lessons		

5:00pm-6:00pm	Footlight Productions - Naasz
6:00pm-7:00pm	Footlight Productions - Naasz
Saturday	
10:00am-11:00am	Footlight Productions - Naasz (once per month)
11:00am-12:00pm	Footlight Productions - Naasz (once per month)

\$15.00 \$20.00

\$15.00 \$20.00

\$150.00 \$180.00

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	Studio A/B	Studio C	Studio D	Studio C2	PLAYZONE	Weight Room
Monday						
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
Tuesday						
9:00am-10:00am	Pedal & Pump - Shannon					OPEN
10:00am-10:45am						
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 Lyrical Level I-II (ages 8+) - Jenn (4-5pm)	*Footlight Theater Company		
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		Power Hour - Felicia
5:15pm-6:00pm		Mini Jazz (ages 5-7) - Katie (ends 6:00pm) (Wynn) FULL				
5:00pm-6:00pm			*MDT Progressing Ballet Technique® - Marissa	4:45-5:30pm Musical Theater/Voice w/Leah		
5:30pm-6:30pm	Powerbands/Embody - Layla	Mini Tap - Katie (ages 6-9) (6:00pm- 6:45pm) FULL	(MDT only) 5:00-6:30pm	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						
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
Thursday						
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 Bodypump - Leah
6:30pm-7:30pm	The Vaudevillians		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 (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)					
Saturday						
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
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(*) 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.

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 E-mail: ben@themovementstudio.com
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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					OPEN
3:30pm-4:00pm	MDT Private Rehearsals		*Mini Emerald MDT Ballet - Marissa			
4:00pm-4:30pm	*MDT (Jr/Sr) CLJT- Sasha (Teacher approval only)		3:45-4:30pm			
4:30pm-5:30pm		Ballet/Jazz/Tumble Tots (ages 2-4) - Maleah (ends 5:15pm) FULL	*Mini Ruby MDT Ballet - Marissa	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) - Maleah	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
Tuesday						
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 Level I-II (ages 8+) - Marissa (4-5pm)	Musical Theater Technique - Leah (4:00pm-5:30pm)		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) FULL				
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 & Savannah) FULL	*Int Jazz Level II-III (ages 8+) - Sasha	*MDT Large Tap Group - Coach Katie			HIT & 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 (Megan) 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

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.

Fitness -ADULTS ONLY

Footlight Productions

Kenpo Karate

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

updated 6/14/23

PLEASE FILL OUT A WAIVER FORM PRIOR TO YOUR FIRST CLASS. ALL DANCE CLASSES REQUIRE PRE-REGISTRATION. PLEASE SIGN IN ON MINDBODY FOR FITNESS CLASSES.

	Studio A/B	Studio C	Studio D	Studio C2	PLAYZONE	Weight Room
Monday						
9:00am-10:00am	Body Sculpt Conditioning - Sasha					OPEN
2:00-3:00pm	*MDT Adv Acro - Eric/Sasha 6/19-7/24					
3:00-4:30pm	*MDT (Int/Adv) CLJT - Sasha 6/19-7/24					
4:30pm-5:30pm	*MDT (Minis) CLJT - Sasha 6/19-7/24					
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions Acting Class - Naasz		Beg/Int Class Guitar -Ben 4:15-5:00pm		Heavy Metal - Shannon
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia			Private Guitar Lesson - 5:00pm-5:30pm		OPEN
						OPEN
Tuesday						
9:00am-10:00am	Pedal & Pump - Shannon					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
2:45pm-3:30pm			*MDT Mini Ballet - Mary 6/20, 6/27, 7/5, 7/11, 7/25			
3:30pm-4:30pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	*MDT ADV Team Ballet (3:30-5pm) 6/20, 6/27, 7/5, 7/11, 7/25			
4:30pm-5:30pm		Little Mermaid Dance Camp July 11-13 (ages 5-9)	*MDT INT Team Ballet Starts (5-6:30pm) 6/20, 6/27, 7/5, 7/11, 7/25			Power Hour - Felicia
5:30pm-6:30pm	Powerbands/Embody - Layla	Kenpo All Levels (ages 7+) - Naasz				OPEN
Wednesday						
8:00am-9:30am		Room Rental				
9:00am-10:00am	emPOWER Core/Barre - Sasha					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
2:45pm-3:45pm	*MDT Mini Acro - Sasha (Wynn) 6/28, 7/12, 7/26					
3:45pm-4:45pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	*MDT Mini Tap - Katie 6/28, 7/5, 7/26			
4:30pm-5:30pm	*MDT ADV Hip Hop - Sasha 6/28, 7/5, 7/26	Little Mermaid Dance Camp July 11-13 (ages 5-9)				Pedal & Pump - Shannon
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha		*MDT ADV Tap - Katie 6/28, 7/5, 7/12, 7/26			OPEN
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia					OPEN
Thursday						
9:00-10:00am	HIIT & HOLD - Shannon					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
3:45pm-4:30pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	<i>Little Dragons (ages 4-8) - Naasz (Nave)</i>			
4:30pm-5:30pm		Little Mermaid Dance Camp July 11-13 (ages 5-9)	Kenpo All Levels (ages 7+) - Naasz (4-5pm)			SPIN - Felicia
5:30pm-6:30pm			Teen/Adult Ballet - Marissa 6 wks(6/22-7/27)			Bootcamp Bodypump - Leah
Friday						
9:00am-10:00am	Circuit Training - Sasha					OPEN
4:00pm-5:00pm						
Saturday						
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)					OPEN

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

(* Instructor approval required

Italic= 45 min class

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updated 6/14/23

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	Studio A/B	Studio C	Studio D	Studio C2	PLAYZONE	Weight Room
Monday						
9:00am-10:00am	Body Sculpt Conditioning - Sasha					OPEN
2:00-3:30pm	*MDT Int/Adv Acro - Eric @ Storm					
4:00pm-5:30pm	*MDT Adv SSP - Kim 6/17-7/22		*MDT Int Ballet - Mary 6/17-7/22			Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha					OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia					OPEN
Tuesday						
9:00am-10:00am	Pedal & Pump - Shannon					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
3:00pm-4:00pm			*MDT Mini Ballet - Mary 6/18, 6/25, 7/2, 7/9, 7/23			
4:00pm-5:30pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	*MDT ADV Team Ballet (3:30-5pm) 6/20, 6/27, 7/5, 7/11, 7/25			
4:30pm-5:30pm		Little Mermaid Dance Camp July 11-13 (ages 5-9)	*MDT INT Team Ballet Starts (5-6:30pm)			Power Hour - Felicia
5:30pm-6:30pm	Powerbands/Embody - Layla	Kenpo All Levels (ages 7+) - Naasz	6/20, 6/27, 7/5, 7/11, 7/25			OPEN
Wednesday						
8:00am-9:30am		Room Rental				
9:00am-10:00am	emPOWER Core/Barre - Sasha					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
2:45pm-3:45pm	*MDT Mini Acro - Sasha (Wynn) 6/28, 7/12, 7/26					
3:45pm-4:45pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	*MDT Mini Tap - Katie 6/28, 7/5, 7/26			
4:30pm-5:30pm	*MDT ADV Hip Hop - Sasha 6/28, 7/5, 7/26	Little Mermaid Dance Camp July 11-13 (ages 5-9)				Pedal & Pump - Shannon
5:30pm-6:30pm	Body Sculpt Conditioning - Sasha		*MDT ADV Tap - Katie 6/28, 7/5, 7/12, 7/26			OPEN
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia					OPEN
Thursday						
9:00-10:00am	HIIT & HOLD - Shannon					OPEN
10:00am-11:00am		Bluey Dance Camp Sold Out July 11-13 (ages 2-4)				
10:00am-11:00am		Disney Princess Dance Camp July-25-27 (ages 2-4)				
3:45pm-4:30pm		Frozen Dance Camp Sold Out June 13-15 (ages 4-7)	Little Dragons (ages 4-8) - Naasz (Nave)			
4:30pm-5:30pm		Little Mermaid Dance Camp July 11-13 (ages 5-9)	Kenpo All Levels (ages 7+) - Naasz (4-5pm)			SPIN - Felicia
5:30pm-6:30pm			Teen/Adult Ballet - Marissa 6 wks(6/22-7/27)			Bootcamp Bodypump - Leah
Friday						
9:00am-10:00am	Circuit Training - Sasha					OPEN
4:00pm-5:00pm						
Saturday						
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)					OPEN

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

(* Instructor approval required

Italic= 45 min class

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	Studio A/B	Studio C	Studio D	Studio C2	PLAYZONE	Weight Room
Monday						
9:00am-10:00am	Body Sculpt Conditioning - Sasha					OPEN
3:30pm-4:00pm	MDT Private Rehearsals					
4:00pm-4:30pm	*Int/Adv Contemporary- Sasha (Teacher approval only)					
4:30pm-5:30pm		<i>Mini Jazz/Tap (ages 4-6) - Kelsey (ends 5:15pm)</i>	Beg Jazz Level I-II (ages 8+) - Jenn			Heavy Metal - Felicia
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions - Naasz	Beg/Int Hip Hop Level I-II (ages 10+) - Colton			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia		All Boys Hip Hop (ages 8+) - Colton			OPEN
Tuesday						
9:00am-10:00am	Pedal & Pump -Shannon					OPEN
3:45pm-4:30pm	Hip Hop (ages 6-9) - Sasha (Colton) FULL	Preschool II Ballet/Tap/Tumble (ages 3-5) - Katie (Brinley) FULL				
4:00pm-5:00pm			Ballet/Lyrical Level I-II (ages 7-12) - Marissa (4-5pm)	Musical Theater Technique - Leah (4:00pm-5:30pm)		Power Hour - Felicia
4:30pm-5:30pm	*Int Jazz Level II-III (ages 8+) - Sasha (Zaeda)	Preballet (ages 4-6) (FULL) - Katie (ends 5:15pm) (Brinley) FULL				
5:15pm-6:00pm		Mini Jazz (ages 5-7) - Katie (ends 6:00pm) FULL				
5:00pm-6:00pm			*Int/Adv Progressing Ballet Technique® + Lyrical - Marissa			
5:30pm-6:30pm	Powerbands/Embody - Layla	*MDT Mini Group Jazz - Katie (6:00pm- 6:45pm)	(Teacher approval only) 5:00-6:30pm	*Black Belts - Naasz (6:15pm-6:45pm)		OPEN
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha	Kenpo All Levels (ages 7+) - Naasz (6:45pm-7:45pm)				OPEN
Wednesday						
9:00am-10:00am	emPOWERmat Core - Sasha					OPEN
10:00am-10:45am		Tiny Tots (ages 2-3) -Jenn *pre-registration required				
3:30pm-4:30pm	MDT Private Rehearsals	Little Dancers Jazz/Tumble (ages 5-7) - Sasha (3:45-4:30pm) (Addie B) FULL	Mini Tap (ages 5-7) - Katie (starts 3:45pm)			
4:30pm-5:30pm	Teen/Adult Jazz - Jenn	Beg/Int Tap Level I-II (ages 7+) - Breanna	*Intermediate Tap Level II (ages 8+) - Katie	Beg/Int Class Guitar -Ben 4:15-5:00pm		SPIN - Felicia
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha or Shannon	Beginning Hip Hop Level I (ages 7-10) - Jenn FULL	Musical Theater Dance (ages 10+) - Kelsey	Tap Private Lessons -Katie		OPEN
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		Teen/Adult Tap - Katie			OPEN
Thursday						
9:00-10:00am	Fit & Tone -Shannon					OPEN
3:45pm-4:30pm	Mini Hip Hop (ages 5-7) - Sasha (Colton) FULL	Little Dragons (ages 3-6) - Naasz				
4:30pm-5:30pm	*Int/Adv Hip Hop Level II-III (ages 10+) - Sasha (Colton) FULL	Kenpo All Levels (ages 7+) - Naasz	*Ballet Level II-III (ages 8+) - Marissa			Pump & Pulse - Kelsey
5:30pm-6:30pm	emPOWERmat Cardio - Layla	*Intermediate Contemporary (ages 10+) - Jenn FULL	*Ballet Level III-IV (ages 11+) - Marissa			Weights & Bands - Felicia
6:30pm-7:30pm			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-11:00am		Preschool Princess Ballet Program (ages 2.5-4.5) Katie (Addi B) FULL				
3:45pm-4:30pm	MDT Private Rehearsals	Kinder Princess Ballet Program (ages 5-7) - Katie				
4:00pm-5:00pm	MDT Private Rehearsals					
4:30pm-5:30pm	**Footlight Productions - Naasz TBD (starts at 5pm)		INSANITY® - Felicia (ends at 5:15pm)			
5:30pm-6:30pm	**Footlight Productions - Naasz TBD (ends at ~7pm)					OPEN
Saturday						
9:00am-10:00am	Acro/Tumbling (ages 8+) - Jon	MDT Private Rehearsals	Saturday Sweat Series (Suite A unless acro date)			OPEN
10:00am-11:00am	**meets once a month 9am-11am 1/15, 2/5, 3/12, & TBA	**Footlight Productions - Naasz (10am-noon)	MDT Private Rehearsals			OPEN
10:30am-12:00pm						

Key- Movement Youth Choir **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!
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 Website: www.themovementstudio.com
 Instagram: @themovementstudiopy



E-mail: ben@themovementstudioov.com

Phone Number: (928) 515-2919



The MOVEMENT Studio - Summer Schedule (6/13/22) PLEASE CHECK IN TO ALL FITNESS CLASSES ON MINDBODY APP. CLASSES SUBJECT TO CHANGE.

	Studio A/B	Studio C	Studio D	C2	Weight Rm
Monday					
9:00am-10:00am	Body Sculpt -Sasha				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm				
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
4:30pm-5:30pm					Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions - Ben			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia				OPEN
Tuesday					
9:00am-10:00am	Pedal & Pump - Shannon				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm	*MDT Leaps, Jumps, Turns Technique - Sasha 6/22-7/13	Encanto Dance Camp - Katie 3:45pm-5:15pm 6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	Team Beach Dance Camp - Jennifer JULY 5th, 6th 7th at 4:00-5:30pm		
4:30pm-5:30pm	4:00-5:30pm				Power Hour - Felicia
5:30pm-6:30pm	Powerbands/Embody - Layla	**Footlight Productions - Ben			OPEN
6:30pm-7:30pm					
Wednesday					
9:00am-10:00am	EmpowerMat Core - Sasha				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm		Encanto Dance Camp - Katie 3:45pm-5:15pm 6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	*MDT Tap - Katie 6/22 & 7/6		
4:30pm-5:30pm	Teen/Adult Jazz - Sasha 6/22 & 7/20				HIIT & Stretch -Shannon
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	**Footlight Productions - Ben	*MDT Tap - Katie 6/29 & 7/13		OPEN
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia		Teen/Adult Tap - Katie 6/22-7/20		OPEN
Thursday					
9:00am-10:00am	Heavy Metal- Shannon				
10:00am-11:00am	Aristocats Kids Theater Camp 10:00am-1:00pm	Disney Tot Dance Camp - Jennifer 7/12-7/14 or 7/26-7/28			
11:00am-12:00pm	6/20-7/1				
12:00pm-1:00pm					
3:30pm-4:30pm		Encanto Dance Camp - Katie 3:45pm-5:15pm 6/28-6/30 (ages 4-7) or 7/12-7/14 (ages 6-9)	*MDT Ballet - Marissa 6/30-7/14 4:00-5:30pm	Little Dragons - Naasz (3:45-4:30pm)	
4:30pm-5:30pm				Kenpo All Levels - Naasz	SPIN - Felicia
5:30pm-6:30pm	EmpowerMat Cardio - Layla	**Footlight Productions - Ben	Teen/Adult Ballet Level 1 & 2 - Marissa 6/30-8/4 5:30pm-7:00pm		OPEN
6:30pm-7:30pm					
Friday					
9:00am-10:00am	Circuit Training - Sasha				
10:00am-10:45am	Aristocats Kids Theater Camp 10:00am-1:00pm		*Emerald Mini Dance Team - Katie 6/24-7/15		
10:45am-11:45am	6/20-7/1		*Ruby Mini Dance Team - Katie 6/24-7/15		
12:00pm-1:00pm					
4:30pm-5:30pm	INSANITY® - Felicia (ends 5:15pm)				
5:30pm-6:30pm		**Footlight Productions - Ben			
6:30pm-7:30pm					
Saturday					
9:00am-10:00am	Saturday Sweat (Rotating Fitness Class)*see Mindbody				OPEN

Key: Summer Dance Camps Dance Class Fitness Footlight Productions Kenpo Karate

*Instructor approval required / Technique only

**Footlight Theater classes will be offered as class series or based on audition. Summer Series is Aristocats (kids) and Little Shop of Horrors (teen/adult).

*ALL FITNESS CLASSES -Please log onto Mindbody to check-in

The



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The MOVEMENT Studio - Summer Schedule (6/7/21) PRIOR CHECK IN TO ALL FITNESS CLASSES REQUIRED ON MINDBODY APP. CLASSES SUBJECT TO CHANGE.

	Studio A/B	Studio C	Studio D	C2	Weight Rm
Monday					
9:00am-10:00am	Fit Xtreme - Lela R				
4:30pm-5:30pm					Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha				OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia				OPEN
Tuesday					
6:45am-7:45am	Power Hour - Sasha (no playzone)				
9:00am-10:00am	Pedal & Pump - Shannon				
3:30pm-4:30pm	*Leaps, Jumps, Turns Technique - Sasha 6/22-7/13		Camp Rock Dance - Jennifer 6/22-7/15		
4:30pm-5:30pm	4:00-5:30pm	Little Dragons - Naasz (4:30-5:15pm)	4:00-5:30pm		Circuit Training - Felicia
5:30pm-6:30pm	Powerbands/Embody - Layla	Kenpo All Levels - Naasz			OPEN
6:30pm-7:30pm		**Footlight Productions - Ben TBD			
Wednesday					
9:00am-10:00am	Fit & Tone - Felicia				
10:00am-11:00am		Tot Dance & Play - Jennifer 6/23-7/14			
4:30pm-5:30pm	Pedal & Pump - Shannon		*Mini Dance Team Technique- Katie 6/23-7/7		OPEN
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha				OPEN
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia				OPEN
Thursday					
6:45am-7:45am	Cardio Strength - Felicia (no playzone)				
9:00am-10:00am	EmpowerMat Core - Sasha				
3:30pm-4:30pm	Camp Rock Dance - Jennifer 6/22-7/15		*MDT Ballet - Marissa 6/22-7/15		
4:30pm-5:30pm	4:00-5:30pm	Little Dragons - Naasz (4:30-5:15pm)	4:00-5:30pm		HIIT Squad - Felicia
5:30pm-6:30pm	EmpowerMat Cardio - Layla	Kenpo All Levels - Naasz	Teen/Adult Ballet Level 1 & 2 - Marissa 6/22-7/15		OPEN
6:30pm-7:30pm		**Footlight Productions - Ben TBD			
Friday					
8:30am-9:30am	Circuit Training - Sasha				
4:30pm-5:30pm	INSANITY@ - Felicia (ends 5:15pm)				
Saturday					
9:00am-10:00am	Saturday Sweat (Rotating Fitness Class)*see Mindbody				OPEN
10:00am-10:45am	Embody HIIT - Layla				OPEN

Key- *Instructor approval required / *Technique only* **Dance Class** Fitness Footlight Productions Kenpo Karate

*Adult dance classes can be added on to a fitness contract 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 log onto Mindbody to check-in

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