

The MOVEMENT Studio - Fall Schedule 8/7/23 *Classes may fill up or subject to change. Please call 928-515-2919 for more information.

updated 8/28/23
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 E	Studio C2	PZ	Weight Room
Body Sculpt Conditioning - Sasha						OPEN
MDT Private Rehearsals	<i>Ballet/Jazz/Tumble Tots (ages 2-4) - Jenn FULL (3:45-4:30pm) Serenity</i>					
*MDT (Jr/Teen/Sr) CLJT- Sasha (Teacher approval only)	Beg/Int Contemporary I-II (ages 11+) - Jenn	*MDT Mini Ruby/Emerald Ballet - Mary	Beg Lyrical Contemp. I-II (ages 7-10) - Tammi	Beg/Int Class Guitar - Ben 4:15-5:00pm		Heavy Metal - Shannon
CLUB DANCE CARDIO - Sasha	*MDT Int Ballet Technique - Mary	Beg Jazz I-II (ages 7-10) - Tammi FULL Yazzie	**Footlight Theatre Company - Naasz	Private Guitar Lesson - 5:00pm-5:30pm		OPEN
All Levels Vinyasa Flow Yoga - Felicia	MDT Private Rehearsals	*MDT Int Jazz Team - Jenn	**Footlight Productions - Naasz			OPEN
Pedal & Pump - Shannon	<i>Preschool Ballet/Tap/Tumble (ages 3-5) - Katie FULL Gwinn/Abbey</i>					OPEN
*MDT Adv Contemporary Team - Sasha		Ballet Level I-II (ages 7+) - Marissa (4-5pm)				
	<i>Mini Jazz (ages 6-9) - Katie (ends 5:15pm) Gwinn</i>		*MDT All BOYS Mini Hip Hop Team - Colton			Power Hour - Felicia
*MDT All GIRLS Mini Hip Hop Team - Sasha		*MDT Adv Ballet Technique - Mary (5:00-6:30pm)				
Powerbands/Embody - Layla	*MDT Mini Tap Team - Katie (ends 6:15pm) Abbey		MDT Parent Meeting (once a month)	Voice Lessons - Leah		*Black Belts - Nave 6-6:30pm
*Adult Performance Dance Co. - Sasha	*MDT Mini Ruby Jazz Team - Katie	Kenpo All Levels (ages 7+) - Naasz (ends 7:30pm)		Voice Lessons - Leah (ends 7:30pm)		OPEN 6:30-7pm
						OPEN
	Room Reserved					OPEN
EmPOWERmat - Sasha	Room Reserved					OPEN
Acro (ages 10+) - Coach Eric/Sasha	MDT Private Rehearsals					
*MDT Jazz Funk Team- Sasha	MDT Private Rehearsals					
*MDT Adv Hip Hop Team - Sasha	<i>Mini Tap - Katie (ages 5-7) (starts 3:45pm) FULL Packer</i>	*Beg/Int Jazz Level II-III (ages 8+) - Tammi				
Beg Hip Hop Level I-II (ages 8+) - Jenn Wynn/Sophie FULL	<i>Little Dancers Tumble Dance (ages 5-7) - Tammi (ends 5:15pm) Sully</i>	*MDT Large Tap Group - Katie				Pedal & Pump - Shannon
Body Sculpt Conditioning- Sasha	Beg Tap Level I-II (ages 8+) - Jess	Teen/Adult Jazz Level I-III - Jenn				Tap Private Lessons -Katie
Breathe & Flow Yoga -Felicia	**Footlight Productions - Naasz	Teen/Adult Tap Level I-III - Katie				OPEN
HIIT & HOLD - Shannon						OPEN
Hip Hop (ages 6-10) - Sasha (starts 3:45pm) Lela & Julia	<i>Preballet (ages 4-6) - Katie (starts 3:45pm) Allerdings FULL</i>	*MDT Adv Lyrical Team - Marissa	Mini Acro - Jamie Wynn/Cass (ages 6-10) (starts 3:45pm)			
*Int/Adv Hip Hop Level III-IV (ages 12+) - Sasha	*MDT Petite Team - Katie (ends 5:15pm) Picard	*Ballet Level III-IV Pointe (ages 12+) - Marissa	<i>Little Dragons (ages 3-7) - Naasz (ends 5:15pm)</i>			SPIN - Felicia
*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)			Bootcamp Bodypump - Leah
*MDT Ballroom Team- Sasha (ends 7:00pm)	**Footlight Productions - Naasz	Teen/Adult Ballet - Marissa				OPEN
**Footlight Productions - Naasz						
Circuit Training - Sasha	<i>Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (ends 10:45am) Abbey</i>					OPEN
MDT Private Rehearsals	*MDT Mini Emerald Jazz - Katie					
MDT Production Rehearsals	MDT Private Rehearsals	INSANITY® - Felicia (ends at 5:15pm)		**Footlight Productions - Naasz (starts at 5pm)		OPEN
MDT Production Rehearsals	MDT Private Rehearsals			**Footlight Productions - Naasz (ends at ~7pm)		
Saturday Sweat Series (rotating class/instructor)						OPEN
MDT Rehearsals	MDT Rehearsals	MDT Rehearsals		**Footlight Productions - Naasz (10am-noon)		
MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				
MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				
MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				

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.
 **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.



'Us!
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