

The MOVEMENT Studio - Spring Schedule 1/3/22 *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 2021-2022 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 | | | | | |
| 4:00pm-4:30pm | *Int/Adv Contemporary- Sasha (Teacher approval only) | | | | | |
| 4:30pm-5:30pm | | Mini Jazz/Tap (ages 4-6) - Kelsey (ends 5:15pm) | 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 (Teacher approval only) 5:00-6:30pm | | | |
| 5:30pm-6:30pm | Powerbands/Embody - Layla | *MDT Mini Group Jazz - Katie (6:00pm- 6:45pm) | | *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 | | | | | | |

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| 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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